



Tenderheart Rumba

Choreographed by Abby Mina & Kip Lo

Description: 56 count, 2 wall, intermediate line dance
Music: Tender Heart by Lionel Richie [97 bpm / Renaissance]

Lionel starts singing with the word "every" on count 1. Start dancing on count 2

BASICS BACK AND FORWARD (BASIC MOVEMENT)

- 2-3-4-1 Step right back, recover to left, step right side, hold
- 2-3-4-1 Step left forward, recover to right, step left to the side and slightly back, hold

CROSSOVER BREAKS LEFT AND RIGHT (NEW YORKERS)

- 2-3-4-1 Turn body $\frac{1}{4}$ turn to left and step right forward (9:00), recover to left, turn body $\frac{1}{4}$ to right and step right side (12:00), hold
- 2-3-4-1 Turn body $\frac{1}{4}$ turn to right, step left forward (3:00), recover to right, turn body $\frac{1}{4}$ to left and step left side (12:00), hold

BACK ROCK, STEP, $\frac{1}{2}$ TURN TO RIGHT, SIDE ROCK, STEP (PART OF THREE THREE'S)

- 2-3-4-1 Step right back, recover to left, step right forward, hold
- & Turn $\frac{1}{2}$ turn to right on right foot (6:00)
- 2-3-4-1 Step left side, recover to right, step left together, hold

DIAGONAL ROCK, 1 FULL TURN TO LEFT, SITTING PRESS LINE CHECKED (PART OF SLIDING DOOR)

- 2-3 Step right diagonally back to right side, return weight back to left foot
- & Turn a full turn to the left on left foot (6:00)
- 4-1 Step right together, hold
- 2& Step left forward (split weight, sitting checked), do a small hip rotation on left hip
- 3& Return weight back to right foot, do a small hip rotation on right hip
- 4-1 Step left together, recover to left foot (returning back to normal standing position)

BACK ROCK, STEP, SPIRAL TURN, STEP, TURN, TOUCH

- 2-3-4-1 Step right back, return weight onto left foot, step right forward, hold
- & Full spiral turn left
- 2-3-4-1 Step left forward, step right forward and turn $\frac{1}{2}$ turn to right, touch left together, hold

ALTERNATING KNEE BENDS, SWEEP FRONT TO BACK

- 2-3-4-1 Hold (bend left knee), straighten left and bend right knee, straighten right and bend left knee, recover to left

As you straighten the knees on the '&' counts between the knee bends, use a figure 8 Cuban hip motion

- 2-3-4-1 Step right side, cross left behind, rondé front-to-back, step right foot down

SIDE ROCKS LEFT AND RIGHT, WALK, WALK, TURN, BACK

- 2-3 Step left side, recover to right
- & Step left together
- 4-1 Step right side, transfer weight to right foot
- 2-3 Step left forward, step right forward
- & Turn $\frac{1}{2}$ left
- 4-1 Step left back, hold

REPEAT

International rumba styling is preferred, where the weight is transfer on each step, on the 3rd beat you hold position and that takes the full 2 counts