

# Barbados' Carol (zh)

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Joyce Nicholas (MY) - 2008年09月

Musik: Oh Carol - Barbados : (CD: Rosalita)



前奏 : Count in: 32 counts – Start on vocals

**第一段 Right Side Chasse, Back Rock, Recover, Left Side Chasse, Back Rock, Recover** 右追步, 後下沉 回復, 左追步, 後下沉 回復

1&2 Step R to right side, Close L beside R, Step R to right side  
右足右踏, 左足併踏, 右足右踏

3-4 Cross rock back on L, Recover onto R  
左足於右足後交叉下沉, 右足回復

5&6 Step L to left side, Close R beside L, Step L to left side  
左足左踏, 右足併踏, 左足左踏

7-8 Cross rock back on R, Recover onto L (12.00)  
右足於左足後交叉下沉, 左足回復(面向12點鐘)

**第二段 Kick Ball Step X 2, Pivot ¼ Turn, Right Shuffle Forward**  
踢 併 踏 2 次, 踏 轉1/4, 前交換

1&2 Kick R forward, Step R beside L, Step forward L  
右足前踢, 右足併踏, 左足前踏

3&4 Kick R forward, Step R beside L, Step forward L  
右足前踢, 右足併踏, 左足前踏

5-6 Step forward on R, pivot 1/4 turn L  
右足前踏, 左軸轉90度

7&8 Shuffle forward RLR (9.00)  
前交換-右, 左, 右(面向9點鐘)

**第三段 Rock Recover, Coaster Step, ¼ Turn Paddle X 2**  
下沉 回復, 海岸步, 划槳步 2 次

1-2 L rock forward, Recover onto R  
左足前下沉, 右足回復

3&4 Step back on L, Close R beside L, Step forward on L  
左足後踏, 右足併踏, 左足前踏

5-6 Step forward on R, pivot ¼ turn L transferring weight to L  
右足前踏, 左軸轉90度重心在左足

7-8 Step forward on R, pivot ¼ turn L transferring weight to L (3.00)  
右足前踏, 左軸轉90度重心在左足(面向3點鐘)

**第四段 Step Back, Touch, Clap X 4** 後踏 點(拍手) 4 次

1-2 Step back slightly, diagonally on R, Touch L beside R (clap)  
面向斜角右足略後踏, 左足併點(拍手)

3-4 Step back slightly, diagonally on L, Touch R beside L (clap)  
面向斜角左足略後踏, 右足併點(拍手)

5-6 Step back slightly, diagonally on R, Touch L beside R (clap)  
面向斜角右足略後踏, 左足併點(拍手)

7-8 Step back slightly, diagonally on L, Touch R beside L (clap) (3.00)  
面向斜角右足略後踏, 左足併點(拍手) (面向3點鐘)

**ENDING:** Dance will end facing front wall. After the first 4 counts (Chasse to R, Rock back, Recover), take a Big step to L, dragging R to L and pose!

結束 : 面向前面牆, 跳前面4拍(右追步, 後下沉 回復)後, 左足左一大步, 右足拖併, 擺個姿勢結束

