Cara Mia



Count: 32 Wand: 4 Ebene: Beginner

Choreograf/in: Russibell Seoh (KOR) - May 2024

Musik: Cara Mia - Blanka

Intro: 18 Counts

Tag: After Wall 6, Tag 4 Counts (9:00)

1234 Clockwise Hip Roll For Four Counts

Restart: At Wall 4. Dance to 16 Counts (3:00)

Sec1: Rock R Fwd , Recover On L , Together , Rock L Fwd , Recover on R , Together , R Back , As Soon As Sit Down Lifting Your Head & Look Up , Lower Your Head & Look Ahead , Flick L

As Soon As You Stand Up

1 2& Rock R Fwd , Recover On L . Close R Next To L 3 4& Rock L Fwd , Recover on R , Close L Next To R

5 6 R Back , As Soon As Sit Down Liftting Your Head & Look Up

7 8 Lower Your Head & Look Ahead , Flick L As Soon As You Stand Up

Sec2: L Shuffle Fwd, R Shuffle Fwd, V Step

1&2 L FWd , Lock R Behind L , L Fwd 3&4 R Fwd , Lock L Behind R , R Fwd

5 6 Step L To L Diagonal Fwd, Step R To R Diagonal Fwd

7 8 Step L Back, Close R Next To L

Restart: At Wall 4, Dance To 16 Counts. For The 16th Count, Do A Change Step.

On The 16th Count, Touch R Next To L

Sec3: Step L Fwd, Paddle 1/4 L Turn X 3, Step R Fwd, Paddle 1/4 R Turn X2, Step L Fwd

1234 Step L Fwd , 1/4 L Turn Point R To R Side X 3

5678 Step R Fwd, 1/4 R Turn Point L To L Side X2, Step L Fwd

Sec4: R L Samba Step, Hip Sway R L R L

1&2 Cross R Rock , R Side , Recover On L3&4 Cross L Rock , L Side , Recover On R

5678 Hip Sway R L R L

Happy dancing ~~~