

# Carry You

Count: 64

Wand: 4

Ebene: Improver

Choreograf/in: Jonathan Williamson (UK) - June 2013

Musik: Carry You - Union J



**Start Dance 16 counts (8 seconds) from beginning of track on word "...lonely"**

## **Walk, Walk, Shuffle, Rock Recover, Coaster Step**

- 1-2 Walk forward right, left
- 3&4 Step forward right, step left besides right, step forward right
- 5-6 Rock forward left, recover weight back on right
- 7&8 Step back left, step right besides left, step forward left

## **Rock Recover, Shuffle ½ Turn, Shuffle ½ Turn, Rock Recover**

- 1-2 Rock forward right, recover weight back on left
- 3&4 ½ turn right Stepping forward right, step left besides right, step forward right
- 5&6 ½ turn right stepping back left, step right besides left, step back left
- 7-8 Rock back right, recover weight forward on left

## **Forward Rock, Side Rock, Sailor Step, Sailor Step**

- 1-2 Rock forward right, recover weight back on left
- 3-4 Rock right to right side, recover weight back on left
- 5&6 Step right behind left, step left to left side, step right to right side
- 7&8 Step left behind right, step right to right side, step left to left side

## **Touch Back, ½ Turn, Shuffle, Walk, Walk, Kick Ball Change**

- 1-2 Step right toe back, ½ turn right (stepping weight on right foot)
- 3&4 Step forward left, step right besides left, step forward left
- 5-6 Walk forward right, left
- 7&8 Kick forward right, step right toe besides left, step forward left

## **Side, Behind, ¼ turn shuffle, Rocking chair forward and back**

- 1-2 Step right to right side, step left behind right
- 3&4 ¼ turn right stepping forward right, step left besides right, step forward right
- 5-6 Rock forward left, recover weight back on right
- 7-8 Rock back left, recover weight forward on right

## **Step, ¼ turn, Cross shuffle, ¼ turn, ¼ turn, Cross shuffle**

- 1-2 Step forward left, ¼ turn right
- 3&4 Cross left over right, step right to right side, cross left over right
- 5-6 ¼ turn left stepping back left, ¼ turn left stepping left to left side
- 7&8 Cross right over left, step left to left side, cross right over left

## **Side rock, recover, sailor ¼ turn, rocking chair forward and back**

- 1-2 Rock forward left, recover weight back on right
- 3&4 ¼ turn left stepping left behind right, step right to right side, step left besides right
- 5-6 Rock forward right, recover weight back on left
- 7-8 Rock back right, recover weight forward on left

## **Cross Rock, Step, Cross Rock, Step, Jazz Box, Step**

- 1&2 Cross right over left, recover weight on left, step right to right side
- 3&4 Cross left over right, recover weight back on right, step left to left side

5-6

Cross right over left, step back left

7-8

Step right to right side, step forward left

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