

# Cara Mia

**Compte:** 32

**Mur:** 2

**Niveau:** Improver

**Chorégraphe:** Frida Axelsson (SWE)

**Musique:** Cara Mia - Måns Zelmerlöv



## **STEP, STEP, LOCK STEPS, STEP ½ TURN LEFT, FULL TURN LEFT**

- 1-2 Step forward right foot, step forward left foot  
3&4& Lock right foot behind left foot, step left foot forward, lock right foot behind left foot, step left foot forward  
5-6 Step right foot forward, ½ turn left  
7&8 Shuffle full turn left stepping left, right, left

## **RIGHT VINE WITH ¼ TURN LEFT AND KICK, LEFT VINE WITH KICK**

- 9 Step right foot forward, turn ¼ left  
10 Cross left foot behind right foot  
11-12 Step right foot to the right, kick left foot forward  
13-14 Step left foot to the left, cross right foot behind left foot  
15-16 Step left foot to the left, kick right foot forward

## **CROSS BEHIND, RIGHT SHUFFLE ¼ TURN RIGHT, STEP ½ TURN RIGHT, LEFT SHUFFLE**

- 17-18 Step right foot to the right, cross left foot behind right foot  
19&20 Right shuffle with ¼ turn right  
21-22 Step left foot forward, turn ½ turn right  
23&24 Left shuffle forward

## **1 ½ TURN LEFT, JAZZ JUMP, LEFT FOOT SWEEP**

- 25-28 Magically turn 1 ½ turn left on ball of left foot  
&29-30 Jump out with left foot, jump out with right foot, hold  
31-32& Sweep left foot forward, sweep left foot back, step left foot in place

## **REPEAT**

### **TAG**

#### **After wall 1, 4 and 7**

- 1-2 Step left foot forward  
3-4 Touch right foot behind left foot, hold  
5-8 Unwind full turn right over 4 counts  
9-12 Kick left foot slowly forward over 4 counts  
13-16 Step left foot beside right foot, hold for 3 counts

### **TAG**

#### **After wall 3 and 6**

- 1-4 Continue sweeping left foot all way around right foot for 4 counts
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