

My Carol

拍数: 64 墙数: 2 级数: High Beginner
编舞者: Hayley Wheatley (UK) & Mayee Lee (MY) - June 2017
音乐: Oh Carol (Carbonara Mix) - Don Campbell & G.Saint



Intro: □Start after 32 counts or start at 0.17 seconds

Sec 1: ROCK FORWARD, RECOVER, SHUFFLE BACK, ROCK BACK, RECOVER, SHUFFLE FORWARD

1-2 Rock fwd on RF, Recover onto LF
3&4 Step back on RF, Close LF next to RF, Step back on RF
5-6 Rock back on LF, Recover onto RF
7&8 Step fwd on LF, Close RF next to LF, Step fwd onto LF (12:00)

Sec 2: WEAVE LEFT, POINT, WEAVE RIGHT

1,2,3,4 Cross RF over LF, Step Lf to L side, Step RF behind LF, Point L toe to L side
5-8 Cross Lf over RF, Step RF to R side, Step LF behind RF, Step Rf to R side - 12.00

Sec 3: CROSS, TAP, BACK, SIDE, CROSS, TAP, BACK, SIDE

1,2,3,4 Cross LF over RF, Touch R toe behind, Step back on RF, Step Lf to L side
5,6,7,8 Cross RF over LF, Touch L toe behind, Step back on LF, Step RF to R side □- 12.00

Sec 4: □PADDLE 1/8 TURN R X2, LEFT TOE STRUT, RIGHT TOE STRUT

1-2 Touch LF forward pushing 1/8 turn R, Recover on RF
3-4 Touch LF forward pushing 1/8 turn R, Recover on RF
5-6 Touch L toe Fwd, Drop L heel
7-8 Touch R toe fwd, Drop R heel - 3.00

Sec 5: □ROCK FORWARD, RECOVER, SHUFFLE BACK, 1 1/4 TURN R ROLLING VINE WITH CROSS

1-2 Rock LF forward, recover on RF,
3&4 Step LF back, close RF next to LF, step LF back
5,6,7,8 1/2 turn R step RF forward(9.00), 1/2 turn R step LF back(3.00), 1/4 turn R step RF to R, cross LF over RF - 6.00

(Easy Option for steps 5-8: step Rt back, step Lt back, 1/4 turn R step Rt to R, cross Lt over Rt)

Sec 6: SIDE TOE STRUT, CROSS TOE STRUT, SHIMMY FORWARD TWICE, SHIMMY BACK TWICE

1 - 4 Touch R toe to R, drop R heel, cross touch L toe, drop L heel
5 - 8 Shimmy forward twice to diagonal R, shimmy back twice facing to diagonal R - 7.30

Sec 7: □R BACK, L SIDE, CROSS R SHUFFLE, L SIDE ROCK, RECOVER, BEHIND SIDE FORWARD

1-2 3&4 Step RF back, step LF to L, cross RF over LF, step LF beside RF, cross RF over LF
5-6 7&8 Rock LF to L, recover on RF, step LF back, step RF to R, step LF forward - □6.00

Sec 8: □OUT, OUT, IN, IN, FORWARD, TOUCH, BACK, KICK

1 - 4 Step RF out, step LF out, step RF in, step LF in
5 - 8 Step RF forward, touch LF behind RF, step LF back, kick RF forward - 6.00

TAG (64 counts) : End of wall 2 (12.00) & wall 3 (6.00)

Sec T1: □TOUCH, TOUCH, SIDE, TOUCH, TOUCH, TOUCH, SIDE, TOUCH

1 - 4 Touch RF to R, touch RF beside LF, step RF to R, touch LF beside RF
5 - 8 Touch LF to L, touch LF beside RF, step LF to L, touch RF beside LF - 12.00

Sec T2: □FULL TURN L SQUARE BOX TURN

1 - 4 1/4 turn L step RF to R(9.00), touch LF beside RF, 1/4 turn L step LF to L(6.00), touch RF beside LF

5 – 8 ¼ turn L step RF to R(3.00), touch LF beside RF, ¼ turn L step LF to L(12.00), touch RF beside LF - 12.00

Sec T3: □KICK BALL TOUCH (X2), OUT, OUT, IN, IN

1&2 Kick RF forward, step RF down, touch LF to L

3&4 Kick LF forward, step LF down, touch RF to R

5 – 8 Step RF out, step LF out, step RF in, step LF in - 12.00

Sec T4: □SIDE, TOGETHER, SIDE, TOUCH (X2)

1 – 4 Step RF to R, step LF beside RF, step RF to R, touch LF beside RF

5 – 8 Step LF to L, step RF beside LF, step LF to L, touch RF beside LF - □12.00

Sec T5: DIAGONAL STEPS FORWARD, STEP OUT, STEP OUT, HIP ROLL

1-2 Step fwd diagonally on R foot, Touch L toe beside RF

3-4 Step fwd diagonally on L foot, Touch R toe beside LF

5-6 Step out on RF while slapping R hand on R thigh, Step out on LF while Slapping L hand on L thigh - 12:00

7-8 Roll hips to R then L (weight finishes on LF)

Sec T6: SIDE STEP, DRAG WITH SHIMMIES (x2)

1-4 Large step RF to R side, drag L toe towards RF over 3 counts while Shimmying shoulders

5-8 Large step LF to L side, drag R toe towards LF over 3 counts while Shimmying shoulders - 12:00

Sec T7: SIDE, TOGETHER, ¼ TURN, SNAKE ROLL, ¼ TURN, TOUCH

1-4 Step RF to R side, Close LF beside RF, Step RF to R side making ¼ turn R, Touch L toe beside RF

5-6 Roll shoulders and hips to L taking weight onto LF, Touch R toe beside LF

7-8 Step back onto RF making ¼ turn L, Touch L toe beside RF - 12:00

Sec T8: SIDE, TOGETHER, ¼ TURN, SNAKE ROLL, ¼ TURN, TOUCH

1-4 Step LF to L side, Close RF beside LF, Step LF to L side making ¼ turn L, Touch R toe beside LF

5-6 Roll shoulders and hips to R taking weight onto RF, Touch L toe beside RF

7-8 Step back onto LF making ¼ turn R, Touch R toe beside LF - 12:00

Ending□: Wall 5 (12.00), once you done 64 counts, step RF forward, pivot ½ turn L step LF forward

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