

Carmelita

拍数: 68 墙数: 1 级数: Novice - Country
编舞者: Tjwan Oei (NL) - December 2019
音乐: Carmelita - Flo Durelle



Start the dance on lyrics (After twenty counts)

[01] Diag. rock left fwd. – Recover – Right chasse – Diag . rock right fwd. – Recover – Left chasse

1-2-3&4 RF. rock diag. to left fwd. – Recover weight onto LF. - RF. step to right side - LF. step together - RF. step to right side
5-6-7&8 LF. rock diag. to right side – Recover weight onto RF. - LF. step to left side - RF. step together - LF. step ¼ turn to left forward [9]

[02] Rock back – Recover – Shuffle fwd. – Rock fwd. – Recover – Shuffle backwards

1-2-3&4 RF. rock back – Recover weight onto LF. - RF. step fwd. - LF. step together - RF. step fwd.
5-6-7&8 LF. rock fwd. – Recover weight onto RF. – LF. step back - RF. step together - LF. step back

[03] Pivot ½ turn left – Pivot 1/4 turn left – Jazz box

1-2-3-4 RF. step fwd. – RF./LF. turn 1/2 to left - RF. step fwd. - RF./LF. turn 1/4 to left [12]
5-6-7-8 RF. cross over LF. – LF. step back - RF. step to right side - LF. step together

[04] Side rock – Step together – Right chasse – Diag. rock right fwd. – Recover – Left chasse with 1/4 turn left

1-2-3&4 RF. step to right side – LF. step together - RF. step to right side - LF. step together - RF. step to right side
5-6-7&8 LF. rock diag. right fwd. - Recover weight onto RF. - LF. step to left side - RF. step together - LF. step 1/4 turn to left forward [9]

[05] Diag. step right fwd. – Lock behind – Step fwd. – Lock – Step fwd. Diag. step left fwd. – Lock behind – Step fwd. – Lock – Step fwd.

1-2-3&4 RF. step diag. right fwd. – LF. Lock behind RF. - RF. step fwd. - LF. lock behind - RF. step fwd.
5-6-7&8 LF. Step diag. left fwd. – RF. lock behind LF. - LF. step fwd. - RF. lock behind - LF. step fwd.

[06] Rocking chair – Pivot 1/2 turn left – Pivot 1/4 turn left

1-2-3-4 RF. rock fwd. – Recover weight onto LF. - RF. rock fwd. - Recover weight onto LF.
5-6-7-8 RF. step fwd. - RF./LF. turn 1/2 to left - RF. step fwd. - RF./LF. turn 1/4 to left [12]

[07] Jazz box with a cross over – Step ¼ turn left back – Step forward (L – R – L)

1-2-3-4 RF. cross over LF. – LF. step back – RF. step to right side - LF. cross over RF.
5-6-7-8 RF. step ¼ turn to left back – LF. step fwd. - RF. step fwd. - LF. step fwd. [9]

[08] Jazz box – Jazz box with ¼ turn to right

1-2-3-4 RF. cross over LF. – LF. step back – RF. step to right side - LF. step together
5-6-7-8 RF. cross over LF. – LF. step back - RF. step 1/4 turn to right - LF. step together [12]

[09] Hips sway (R – L – R – L)

1-2-3-4 Hips sway (R – L - R - L)

REPEAT : Do the dance wall four without Hips sway (64 counts) , and then do the section 05 till the end

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Last Update - 11 Dec. 2019

