

Carry On

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 4 级数: Low Advanced
编舞者: Hiroko Carlsson (AUS) - October 2020
音乐: Carry On - The Score & AWOLNATION : (iTunes / Spotify)



(16 counts intro / The dance starts on lyrics)

[S1] Knee Pop Back Walk, Coaster Step-1/2R, Knee Pop Walk Fwd

1 2 3 Step back on R and pop L knee, Step back on L and pop R knee, Step back on R and pop L knee
4& Step back on L, Step R next to L
5 6 Step forward on L, Make a 1/2 turn right recover weight on R (6:00)
7 8 Step forward on L and pop R knee, Step forward on R and pop L knee

[S2] Step w/Hitch, Back Touch, Kick-Back Touch-Hitch-&-Point, Kick-Ball-Shuffle Fwd

1 2 Step forward on L hitching R knee forward, Touch back on R
3&4& Kick forward on R, Touch back on R, Hitch R knee forward, Step R next to L
5 6& Point L to the side, Kick forward on L, Ball step L close to R
7&8 Shuffle forward R-L-R (6:00)

[S3] Paddle R, Cross-Hinge 1/2L-Side Sway LR, Cross-Hinge 1/4L-1/2L-Step-Pivot 1/2L

1 2 Step forward on L, Make a 1/4 turn right recover weight on R (9:00)
3& Cross L over R, Make a 1/4 turn left stepping back on R
4 5 Make a 1/4 turn left stepping L to the side and sway to the left (optional: body roll to the left), Step R to the side and sway to the right (optional: body roll to the right) (3:00)
6&7 Cross L over R, Make a 1/4 turn left stepping back on R, Make a 1/2 turn left stepping forward on L (6:00)
8& Step forward on R, Make a 1/2 turn left recover weight on L (12:00)

[S4] Out-Out-Fwd-Together, Back Rock-Back, Touch Back, 1/2L, Back Rock-Back

&1&2 Step R out diagonal, Step L out diagonal, Big step forward on R, Step L next to R
3&4 Slightly angle body to right diagonal/ rock back on R, Recover/rock weight onto L, Step back on R (styling: drop shoulders R-L-R)
5 6 Touch back on L, Make a 1/2 turn left recover weight on R (6:00)
7&8 Slightly angle body to left diagonal/ rock back on L, Recover/rock weight onto R, Step back on L (styling: drop shoulders L-R-L)**

[S5] Fwd-1/4R-Tap-Side-Cross-Side-Behind-1/4R-Fwd-1/4R-Cross-Swivel w/ Point-In-Point, Kick

1&2& Step forward on R, Make a 1/4 turn right stepping L to the side, Touch R next to L, Step R to the side (9:00)
3&4& Cross L over R, Step R to the side, Step L behind R, Make a 1/4 turn right stepping forward on R (12:00)
5&6 Step forward on L, Make a 1/4 turn right recover weight on R, Cross L over R (3:00)
&7& Moving towards right - Swivel L heel to the right while pointing R to the side, Swivel L toe to the right while touching R toe next to L, Swivel L heel to the right while pointing R to the side
8 Slightly hop back on L while kicking forward on R

Restart on Wall 4 count 32** (3:00), Wall 5 count 32**(9:00) and Wall 6 count 32** (3:00)

The last wall (wall 7) starts 3:00 o'clock - dance up to count 16 (9:00), then

[S3] Step-Paddle R, Cross-Reverse Roll

1 2 Step forward on L, Make a 1/4 turn right recover weight on R (12:00)
3& Cross L over R, Make a 1/4 turn left stepping back on R
4& Make a 1/2 turn left stepping forward on R, Make a 1/4 turn left stepping R to the side (12:00)

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 10/Oct/20)
