

Oh Carol Kizomba

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Penny Tan (MY) & Shirley Bang (MY) - August 2024
音乐: Oh Carol - Kizomba Singers



Intro: 8C - No tag No restart!

Intro Dance (32C)

iSEC1: MAMBO STEPS

1&2 Step RF fwd ,recover on L ,step RF back
3&4 Step LF back,recover on R ,step LF fwd
5&6 Step RF to R ,recover on L,step RF next to LF
7&8 Step LF to L,recover on R,step LF next to RF

iSEC2:CROSS SHUFFLE , HITCH , CROSS SHUFFLE, SIDE CHASSE TOUCH , SIDE CHASSE, TOUCH

1&2& Cross RF over LF ,step LF to L , cross RF over LF , hitch LF
3&4 Cross LF over RF , step RF to R ,cross LF over RF
5&6& Step RF to R , step LF next to RF ,Step RF to R , touch LF next to RF
7&8& Step LF to L, step RF next to LF , step LF to L , touch RF next to LF

iSEC3: Repeat iSEC1

iSEC4: Repeat iSEC2

Main Dance

SEC1:SAMBAWALK FWD R-L , FWD LOCK STEP , SAMBA WHISK L-R

1-2 Walk fwd R , walk fwd L
3&4 Step RF fwd , lock LF behind RF , step RF fwd
5-6& Step LF to L , step RF behind LF , step LF on L
7-8& Step RF to R , step LF behind RF , step RF on R

SEC2:BOTAFOGO , ¼ TURN R BOTAFOGO , TRAVELLING VOLTA TO R

1&2 Cross LF over RF , step RF to R , recover LF on L
3&4 Cross RF over LF , ¼ turn R , step LF to L , step RF fwd (3:00)
5&6& Cross LF over RF , ball step RF to R , cross LF over RF , ball step RF to R
7&8 Cross LF over RF , ball step RF to R , cross LF over RF

SEC3:SWAY R-L , SIDE CHASSE , ½ TURN L TRIPLE STEP , SYNCOPATED WEAVE

1-2 Step RF to R with sway , step LF on L with sway
3&4 Step RF to R ,step LF next to RF , step RF to R
5&6 ¼ turn L , step LF fwd , step RF behind LF , 1/4 turn L , step LF fwd (9:00)
7&8& Cross RF over LF , step LF to L , step RF behind LF , step LF to L side

SEC4:BASIC SAMBA STEP

1&2 Step RF fwd , step LF next to RF , step RF on R
3&4 Step LF back, step RF next to LF , step LF in place
5&6 Step RF to R , step LF next to RF , step RF in place
7&8 Step LF to L , step RF next to LF , step LF in place

Have fun and happy dancing!

Last Update: 6 Aug 2024

