

Carry You Home (P)

拍数: 32 墙数: 0 级数: Improver - Partner
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音乐: Carry You Home (feat. Ella Henderson) - Alex Warren



Introduction : 32 counts

Start: Sweetheart position face LOD.

SECTION 1 LADY: TRIPPLE STEP FWD R, TRIPPLE STEP 1/2 TURN R, TRIPPLE STEP BACK x 2 (R, L)

SECTION 1 MAN: TRIPPLE STEP FWD x 4 (R, L, R, L)

1&2 LADY: Step R forward - Step L next to R - Step R forward
3&4 LADY: 1/4 R... Step L to the Left - Step R next to L - 1/4 R... Step L back
5&6 LADY: Step R back - Step L next to R - Step R back
7&8 LADY: Step L back - Step R next to L - Step L back
1&2 MAN: Step R forward - Step L next to R - Step R forward
3&4 MAN: Step L forward - Step R next to L - Step L forward
5&6 MAN: Step R forward - Step L next to R - Step R forward
7&8 MAN: Step L forward - Step R next to L - Step L forward

HANDS : On count 3, the leader releases his partner's left hand and spins her around by raising his right hand.

On counts 5 and 6, the hands are swapped: the palm of the left hand is placed against the palm of the follower.

Then, on counts 7 and 8, the hands are swapped again: the palm of the right hand is placed against the palm of the right hand.

SECTION 2 LADY: TRIPPLE STEP 1/2 TURN x 3 (R), KICK BALL STEP L

SECTION 2 MAN: TRIPPLE STEP FWD x 3 (R, L, R), KICK BALL STEP L

1&2 LADY: 1/4 R... Step R to the right - Step L next to R - 1/4 R... Step R forward
3&4 LADY: 1/4 R... Step L to the Left - Step R next to L - 1/4 R... Step L back
5&6 LADY: 1/4 R... Step R to the right - Step L next to R - 1/4 R... Step R forward
7&8 LADY: kick L forward - Ball step L - Step R forward
1&2 MAN: Step R forward - Step L next to R - Step R forward
3&4 MAN: Step L forward - Step R next to L - Step L forward
5&6 MAN: Step R forward - Step L next to R - Step R forward
7&8 MAN: kick L forward - Ball step L - Step R forward

HANDS: On count 1, spin your partner by raising your right hand and resume the sweetheart position on count 6.

SECTION 3: KICK, KICK, COASTER STEP, 1/4 TURN R CROSS TRIPPLE, 1/2 L CROSS TRIPPLE

1.2 Kick L forward - Kick L in diagonal L
3&4 Step L back - Step R beside L - Step L forward
5&6 1/4 R... Cross R in front of L - Step L to L - Cross R in front of L
7&8 1/2 L... Cross L in front of R - Step R to R - Cross L in front of R

HANDS: On counts 5 and 6, get into Indian position and on counts 7 and 8, get into reverse Indian position.

SECTION 4: 1/4 TURN L TRIPPLE STEP BACK R, 1/2 TURN L TRIPPLE STEP FWD L, CROSS SAMBA R, CROSS SAMBA L

1&2 1/4 L... Step R back - Step L next to R - Step R back
3&4 1/2 L... Step L forward - Step R beside L - Step L forward
5&6 Cross R over L - Rock L out to L side - Recover onto R
7&8 Cross L over R - Rock R out to R side - Recover onto L

HANDS: On count 1, release the right hand and pass the follower under the left arm on counts 1 and 2. On counts 3 and 4, return to sweetheart position.

TAG at the end routines of 3 & 7: ROCKING CHAIR R, STEP TURN L x2, JAZZ BOX

1.2.3.4 Step R forward - recover L - Step R back - recover L

5.6.7.8 Step R forward - Pivot 1/2 L - Step R forward - Pivot 1/2 L

1.2.3.4 Cross R over L - Step back on L - Step R to R side - Step L forward

Final at the end of wall 8: Execute again the Tag and add one more Jaz box (5.6.7.8)

POUR RESTER ZEN, DANSEZ! TO KEEP ZEN, DANCE!

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