

Cara Mia

拍数: 40 墙数: 4 级数: Intermediate
编舞者: Lotta Norlin (SWE)
音乐: Cara Mia - Måns Zelmerlöv



SIDE BEHIND AND HEEL AND CROSS, SIDE BEHIND AND HEEL AND STEP FORWARD

1-2 Step right to right side, step left behind right
&3&4 Step right to right side, dig left heel towards left corner, step left next to right, cross right over left
5-6 Step left to left side, step right behind left
&7&8 Step left to left side, dig right heel towards right corner, step right next to left, step forward on left

WALK FORWARD TWICE, RIGHT SHUFFLE FORWARD, SIDE ROCK STEP LEFT, CROSS SHUFFLE

1-2 Walk forward right, left
3&4 Step right forward, close left beside right, step right forward
5-6 Rock left to the side, recover
7&8 Cross left over right, step right to the side, cross left over right

FULL TURN BACKWARDS, RIGHT SHUFFLE BACK, PIVOT ¼ RIGHT, LEFT CHASSE

1-2 Turn ½ right step forward on right, turn ½ right step back on left 12:00
3&4 Step right back, close left beside right, step right back
5-6 Step forward on left, turn ¼ right, weight on right 3:00
7&8 Step left to left side, step right beside left, step left to left side

PIVOT ½ TURN LEFT, RIGHT COASTER STEP, HIP SWAYS, LEFT SHUFFLE FORWARD

1-2 Step forward on right, turn ½ left 9:00
3&4 Step right back, step left beside right, step right forward
5-6 Step left to left side and hip sway left, weight on right and hip sway right
7&8 Step forward on left, close right beside left, step left forward

SIDE ROCK, CROSS SHUFFLE, FORWARD ROCK, TRIPLE STEP ½ LEFT

1-2 Rock right to the side, recover
3&4 Cross right over left, step left to left side, cross right over left
5-6 Rock left forward, recover
7&8 Step left ¼ left, step right beside left, step left ¼ left 3:00

REPEAT

TAG

On 3rd wall after count 32, do hip sways right, left, right, left, then restart from the beginning

On 7th wall after count 32, do hip sways right, left, right, left (very slowly), then restart from the beginning