

Carino

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Jennifer Garnett & Dave "The Rave" Blake (UK)
音乐: Cariño - Jennifer Lopez



STEP, STEP ¼ PIVOT, CROSS SHUFFLE, ¾ PIVOT TURN, RIGHT SHUFFLE FORWARD

1 Step forward right
2-3 Step forward left, pivot ¼ turn right
4&5 Cross left over right, step right to right side, cross left over right
6-7 Step right side, pivot ¾ turn left on right foot (weight ends on left)
8&1 Step forward right, close left beside right, step forward right

SYNCOPATED LEFT CROSS ROCKS, MODIFIED JAZZ ¼ TURN SIDE SHUFFLE

2&3 Diagonal rock left over right, rock onto right, diagonal rock left back to left side
&4&5 Rock onto right, diagonal rock left over right, rock onto right, diagonal rock left back
6-7 Cross right over left, step back on left while making ¼ turn right
8&1 Step right to right side, close left beside right, step right to right side

ROCK FORWARD BACK, LEFT SHUFFLE BACK, ROCK FORWARD RIGHT, ROCK BACK LEFT, ROCK ROCK ROCK

2-3 Rock forward onto left foot, rock back onto right foot
4&5 Step left foot back, close right foot beside left, step left foot back
6-7 Rock forward onto right, rock back onto left (sway the hips)
8&1 Rock forward onto right, rock back onto left rock forward onto right (sway the hips)

ROCK FORWARD LEFT, ROCK BACK RIGHT, SIDE ROCK AND CROSS, SIDE ROCK, ROCK STEP ¼ TURN LEFT

2-3 Rock forward onto left foot, rock back onto right foot
4&5 Rock left foot to left side, rock onto right foot, step left foot behind right
6-7 Rock right foot to right side, rock back onto left foot
8& Step right foot behind left, step forward onto left while making ¼ turn left

REPEAT

Options

Last section, counts 4&5 can be replaced with left shuffle back, then continue with dance!