

# Carioca Run

拍数: 64      墙数: 4      级数: Intermediate/Advanced  
编舞者: Michelle Hatton (UK)  
音乐: You'll Be Mine (Party Time) (Original Salsa Mix) - Gloria Estefan



## STEP, ½ TURN LEFT, LOCK STEP BACK, CLOSE, STEP, LOCK STEP FORWARD

1-2            Step left forward, step right back turning ½ left.  
3&4           Step left back, cross right in front of left, step left back.  
5-6           Close right to left, step left forward.  
7&8           Step right forward, cross left behind right, step right forward.

## STEP, ½ TURN LEFT, LOCK STEP BACK, CLOSE, STEP, LOCK STEP FORWARD

9-16           Repeat steps 1-8

## CUCARACHA LEFT, RIGHT, FORWARD, BACK

17&18        Rock left to left side, replace weight to right, close left to right.  
19&20        Rock right to right side, replace weight to left, close right to left.  
21&22        Rock left forward, replace weight to right, close left to right.  
23&24        Rock right back, replace weight to left, close right to left.

## KICK CLOSE TOUCH, KICK CLOSE TOUCH BACK, HIP BUMPS ½ LEFT

25&26        Kick left forward, close left to right, touch right to right side.  
27&28        Kick right forward, close right to left, touch left back.  
29-32        With flexed knees: bump hips to right 4 times making ½ turn left. (ending with weight on right)

## CARIOCA RUN, CARIOCA TURN

33-34        Close left to right to face left diagonal, step right forward,  
35-36        Step left forward, kick right forward to face right diagonal.  
37-38-39    Make a full turn over left shoulder traveling to right side, stepping right, left, right. (turn the wrong way!)

40            Kick left forward to face left diagonal.

## CARIOCA RUN, 1 ¼ TURN RIGHT, CROSS

41-44        Repeat section 5. Steps 33-36  
45-46-47    Make 1 ¼ turn right to right side ending facing right wall, stepping right, left, right. (turn the right way!)

48            Cross left in front of right stretching both arms out to sides.

## TRAVELING HIP BUMPS, RONDE WALKS BACK, SLIP

49&50        Step right forward bumping hips right, left, right, (with arms out).  
51&52        Step left forward bumping hips left, right, left (weight ending back on right). (lower arms).  
53            Sweep left round in a semi-circle ending behind right,  
54            Sweep right round in a semi-circle ending behind left,  
55            Sweep left round in a semi-circle ending behind right,  
56            Sweep right round in a semi-circle ending behind left without weight  
&            With weight on left quickly slip left back towards right.

## TAPS TWICE ½ TURN LEFT, LAZY BOTAFOGO, BOTAFOGO, SAILOR SHUFFLE

57-58        Tap right toe to right side 2 times making ½ turn left,  
59-60        Cross right over left, touch left to left side.  
61&           Cross left over right, step ball of right to right side,  
62            Step left in place,

63& Cross right behind left, step ball of left to left side,  
64 Step right in place.

**REPEAT**

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