

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
