

Carlene

拍数: 40 墙数: 4 级数: Improver
编舞者: Roger Garman Jr. (USA)
音乐: Carlene - Phil Vassar



RIGHT SIDE SHUFFLE, CROSS ROCK, STEP, LEFT SIDE SHUFFLE, CROSS ROCK, STEP

- 1&2 Side shuffle to the right (right, left, right moving to the right side)
- 3 Cross left over right at a slight angle facing approx. 1:30
- 4 Recover (rock back) on right (weight change)
- 5&6 Side shuffle to the left (left, right, left moving to the left side)
- 7 Cross right over left at a slight angle facing approx. 10:30
- 8 Recover (rock back) on left (weight change)

RIGHT VINE, HEEL, HEEL SWITCHES, CLAP (LIKE IN THE TUSH PUSH)

- 9 Step right ball of foot to the right side
- 10 Step left ball of foot crossing behind the right, stepping to the right side
- 11 Step right ball of foot to the right side
- 12 Touch left heel forward
- & Step left foot beside right
- 13 Touch right heel forward
- & Step right foot beside left
- 14 Touch left heel forward
- & Step left foot beside right
- 15 Touch right heel forward
- 16 Hold and clap at chest level

STEP, PIVOT, KICK BALL CHANGE, (TWICE), ROCK, STEP

- 17 Step right foot in place
- 18 Pivot ¼ turn left transferring weight to left foot (facing 9:00)
- 19 Kick right foot forward
- & Step ball of right foot beside left
- 20 Step left foot beside right
- 21 Kick right foot forward
- & Step ball of right foot beside left
- 22 Step left foot beside right
- 23 Rock step back on right foot (left foot comes off floor slightly)
- 24 Recover on left (step left foot in place) (weight transfer)

SHUFFLE, SHUFFLE, JAZZ SQUARE

- 25&26 Right shuffle forward (right, left, right)
- 27&28 Left shuffle forward (left, right, left)
- 29 Step right ball of foot forward and across front of left
- 30 Step left ball of foot back
- 31 Step right foot beside left and slightly forward (right heel does not pass left toes)
- 32 Step left foot beside right

RIGHT SIDE SHUFFLE, ROCK, STEP, LEFT SIDE SHUFFLE, ROCK, STEP

- 33&34 Side shuffle to the right (right, left, right moving to the right side)
- 35 Cross left behind right at a slight angle facing approx. 7:30
- 36 Recover (rock back) on right (weight change)
- 37&38 Side shuffle to the left (left, right, left moving to the left side)

39 Cross right behind left at a slight angle facing approx. 10:30
40 Recover (rock back) on left (weight change)

REPEAT
