

Carry Out

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Jamie Marshall (USA) - March 2010
音乐: Carry Out (feat. Justin Timberlake) - Timbaland



Easy phrasing: A, A, A, A, A- (omitting last 16 counts rest of song)

A. PRESS, R SWIVET, CENTER, PRESS, L SWIVET, CENTER, COASTER STEP, KICK, STEP, STEP

- 1&2 Press R forward (1), Swivel R toe to R, L heel to L (&), Return to center, taking weight on R (2)
3&4 Press L forward (3), Swivel L toe to L, R heel to R (&), Return to center, leaving weight on R (4)
5&6 Step L back (5), Step R next to L (&), Step L forward (6)
7&8 Kick R forward (7), Step R next to L (&), Step L forward (small step forward) (8) (12:00)

B. KNEE POPS, TURNING ¼ R, SAILOR STEP, WEAVE

- &9 Begin ¼ turn to R, raising heels as popping knees out (&), Drop heels (9)
(Styling: extend R arm as move hand down and up, like riding a motorcycle (for fun))
&10 Repeat
&11 Repeat
&12 Repeat (completing the ¼ turn to R (weight on L) (12) (3:00))
*Option: Keeping legs stiff, do robot turn, sliding feet on floor to make turn.)
13&14 Cross R behind L (13), Step L to L (&), Step R to R (14)
15&16 Cross L behind R (15), Step R to R (&), Cross L over R (16) (3:00)

C. POINT R TO R, TURN ¼ R, EXTENDING L TOE BACK, HEEL, HEEL, PRESS, HOLD, PRESS, HOLD

- 17&18 Lower upper body, as point R to R (17), Turn ¼ R, stepping R next to L (&), Extend L toe back (18) (6:00)
19& Raising upper body, extend L heel forward (19), Step L next to R (&)
20& Extend R heel forward (20), Step R next to L (&)
21,22 Slightly bending forward, press L forward (21), Hold (22)
&23,24 Step L next to R (&) Press R forward (23), Hold (24)
& Step R next to L (&) (6:00)

D. ROCK, RECOVER, ½ TURNING TRIPLE, ½ TURNING TRIPLE, COASTER STEP

- 25,26 Rock L forward (25), Recover onto R (26)
27&28 Turning ½ L, step L forward (27), Step R next to L (&), Step L forward (28) (12:00)
29&30 Turning ½ L, step R back (29), Step L next to R (&), Step R back (30)
31&32 Step L back (31), Step R next to L (&), Step L forward (32)

E. OUT, OUT, IN, IN, TOUCH BACK, TURN ½ R, KICK, STEP, TOUCH (Dance on first 4 walls only)

- 33,34 Step R out to R (33), Step L out to L (34)
35,36 Step R in to center (35), Step L in next to R (36)
37,38 Touch R toe back (37), Pivot ½ R, taking weight on R (38)
39&40 Kick L forward (39), Step L next to R (&), Touch R next to L (40)
(Styling: On Walls #1 & #3, please Kick, Step, Touch, with pelvic thrusts.)

F. OUT, OUT, IN, IN, TOUCH BACK, TURN ½ R, KICK, STEP, TOUCH (Dance on first 4 walls only)

- 41,42 Step R out to R (33), Step L out to L (34)
43,44 Step R in to center (35), Step L in next to R (36)
45,46 Touch R toe back (37), Pivot ½ R, taking weight on R (38)
47&48 Kick L forward (39), Step L next to R (&), Touch R next to L (40)
(Styling: On Walls #1 & #3, please Kick, Step, Touch, with pelvic thrusts.)

