

Care

拍数: 40 墙数: 4 级数: Intermediate
编舞者: Alan Birchall (UK) - January 2012
音乐: Care (feat. Martina McBride & T.I.) - Kid Rock : (CD: Single or Album)



Start: Just Before Lyrics – 14 secs – 16 counts

SIDE, ROCK, RECOVER, SIDE, BEHIND, SIDE, CROSS, SIDE, ROCK, CROSS, ¼ COASTER STEP

- 1 Take A Big Step To The Right On Right
- 2&3 Rock Back On Left, Recover On Right, Step Left To Left
- 4&5 Cross Right Behind Left, Step Left To Left, Cross Right Over Left
- 6&7 Rock Left To Left, Recover On Right, Cross Left Over Right
- 8&9 Making ¼ Turn Left Step Back On Right, Step Left By Right, Step Forward On Right 9 o' Clock

STEP, STEP, TURN, STEP, FULL TURN, ¼ ROCK, CROSS

- 10 Step Forward On Left
- 11&12 Step Forward On Right, ½ Pivot Left, Step Forward On Right 3 o' Clock
- 13-14 Making ½ Turn Right Step Back On Left, Making ½ Turn Right Step Forward On Right
Alternative: Walk
- 15&16 Making ¼ Turn Right Rock Left To Left, Recover On Right, Cross Left Over Right 6 o' Clock

Restart Here During Wall 3

FORWARD RUMBA BOX, BACK RUMBA BOX, LOCK STEP BACK, COASTER STEP

- 17&18 Step Right To Right, Step Left By Right, Step Forward On Right
- 19&20 Step Left To Left, Step Right By Left, Step Back On Left
- 21&22 Step Back On Right, Lock Left Over Right, Step Back On Right
- 23&24 Step Back On Left, Step Right By Left, Step Forward On Left

ROCK, RECOVER, 1¼ TRIPLE TURN RIGHT, CROSS, BACK, SIDE, CROSS

- 25-26 Rock Forward On Right, Recover On Left
- 27&28 1¼ Triple Turn Right Stepping Right, Left, Right Alternative: ¼ Side Shuffle 9 o' Clock
- 29-30 Cross Left Over Right, Step Back On Right
- 31-32 Step Left To Left, Cross Right Over Left

SIDE, TOGETHER, SIDE, ¼ CROSS MAMBO, STEP, TURN, STEP, ¼ SWAY, RECOVER

- 33&34 Step Left To Left, Step Right By Left, Step Left To Left
- 35&36 Cross Rock Right Over Left, Recover On Left, Making ¼ Turn Right Step Forward On Right
12 o' Clock
- 37&38 Step Forward On Left, ½ Pivot Right, Step Forward On Left 6 o' Clock
- 39-40 Making ¼ Turn Left Sway Right To Right, Recover On Left 3 o' Clock

START AGAIN
