

Carry On Smiling

拍数: 32 墙数: 4 级数: Improver
编舞者: Johnny Sheehan (UK) - November 2012
音乐: Life Is a Flower - Ace of Base



16 count intro.....Not phrased to music....

[1-8] 1/4 Turn R, Sway X3, Chasse L, Rock-Recover:

1-4 Step L back into 1/4 turn R, Step R to R side & sway R-L-R (3)
5&6 Chasse L
7-8 Cross-rock R over L, Recover on L

[9-16] Shuffle 1/4 R, Step-Touch, Shuffle 1/4 Turn L X2:

1&2 Shuffle 1/4 turn R (6)
3-4 Step L fwd, Touch R behind L
5&6 Shuffle back R-L-R making 1/4 turn L
7&8 Shuffle 1/4 turn L (12)

[17-24] R Cross, Step, Coaster-Heel, L Cross, Step, L Coaster-Heel:

1-2 Sweep-Cross R over L, Step L back (12)
3&4 Step R back, Step L back beside R, Touch R heel fwd
&5-6 Step R beside L, Cross L over R, Step R back
7&8 Step L back, Step R back beside L, Touch L heel fwd

****Restart here after 5th wall - facing 3 o'clock wall**

[25-32] Step, Cross, 1/4 Turn R, Chasse R, Rock-Recover, L Kick-Ball-Cross:

&1-2 Step L beside R, Cross R over L, Step L back into 1/4 turn R (3)
3&4 Chasse R
5-6 Rock L back, Recover on R
7&8 L kick-ball-cross R over L

Note: **Restart...

Complete 5 rotations - then dance up to Count 24 (end of S3) ...and Restart dance from beginning - this helps phrase the last half of the dance...

Perfect as floor split to intermediate dance Wom Bom Bom

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