

# Carry You

**COPPER KNOB**  
STEPSHEETS

拍数: 64      墙数: 4      级数: Improver  
编舞者: Jonathan Williamson (UK) - June 2013  
音乐: Carry You - Union J



**Start Dance 16 counts (8 seconds) from beginning of track on word "...lonely"**

## **Walk, Walk, Shuffle, Rock Recover, Coaster Step**

1-2            Walk forward right, left  
3&4           Step forward right, step left besides right, step forward right  
5-6           Rock forward left, recover weight back on right  
7&8           Step back left, step right besides left, step forward left

## **Rock Recover, Shuffle ½ Turn, Shuffle ½ Turn, Rock Recover**

1-2            Rock forward right, recover weight back on left  
3&4           ½ turn right Stepping forward right, step left besides right, step forward right  
5&6           ½ turn right stepping back left, step right besides left, step back left  
7-8            Rock back right, recover weight forward on left

## **Forward Rock, Side Rock, Sailor Step, Sailor Step**

1-2            Rock forward right, recover weight back on left  
3-4            Rock right to right side, recover weight back on left  
5&6           Step right behind left, step left to left side, step right to right side  
7&8           Step left behind right, step right to right side, step left to left side

## **Touch Back, ½ Turn, Shuffle, Walk, Walk, Kick Ball Change**

1-2            Step right toe back, ½ turn right (stepping weight on right foot)  
3&4           Step forward left, step right besides left, step forward left  
5-6           Walk forward right, left  
7&8           Kick forward right, step right toe besides left, step forward left

## **Side, Behind, ¼ turn shuffle, Rocking chair forward and back**

1-2            Step right to right side, step left behind right  
3&4           ¼ turn right stepping forward right, step left besides right, step forward right  
5-6           Rock forward left, recover weight back on right  
7-8           Rock back left, recover weight forward on right

## **Step, ¼ turn, Cross shuffle, ¼ turn, ¼ turn, Cross shuffle**

1-2            Step forward left, ¼ turn right  
3&4           Cross left over right, step right to right side, cross left over right  
5-6           ¼ turn left stepping back left, ¼ turn left stepping left to left side  
7&8           Cross right over left, step left to left side, cross right over left

## **Side rock, recover, sailor ¼ turn, rocking chair forward and back**

1-2            Rock forward left, recover weight back on right  
3&4           ¼ turn left stepping left behind right, step right to right side, step left besides right  
5-6           Rock forward right, recover weight back on left  
7-8           Rock back right, recover weight forward on left

## **Cross Rock, Step, Cross Rock, Step, Jazz Box, Step**

1&2           Cross right over left, recover weight on left, step right to right side  
3&4           Cross left over right, recover weight back on right, step left to left side

5-6

Cross right over left, step back left

7-8

Step right to right side, step forward left

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