

Cares 4 me

拍数: 64 墙数: 4 级数: Easy Intermediate
编舞者: Laura Hilbert (UK) - January 2014
音乐: My Baby Cares For Me (DJ Saphire Americano mix) a yolanda Del Mundo



NOTES : Skip the song to 46 secs, then dance actually starts around 59 secs, so remember to fast forward.
NO TAGS NO RESTARTS, keep dancing until the end of the track :-)

[1-8] Right side shuffle, rock back recover, left kick ball cross, step left, clap

1&2 34 step right to right side, close left to right, step right to side, rock back on the left, recover weight onto right
5&6 78 kick left leg forward, step onto left, step right across left, step left to left side, clap.

[9-16] Right toe strut to the right, left cross toe strut, jazz box 1/4 right.

1234 touch right toes to right side, push heel down, repeat on the left (left across right)
5678 cross right over left, step back on the left making 1/4 right, step on the right , step left slightly in front. (3.00)

[17-24] Jump out out,clap, in in, clap, right kick ball change , right ball change, step pivot 1/2 left, step right, clap.

&12&34 jump feet out out, right then left. Clap. Jump feet back in, right, left, clap.
5&67&8 kick right forward, step on right ball, step weight on left. Repeat.

[25-32] step right pivot 1/2, step right , clap, step left pivot 1/4 right, left cross shuffle.

1234 step forward on the right, pivot 1/2 over left shoulder, step forward on the right, clap. (9.00)
567&8 Step forward on the left, pivot 1/4 right (12.00) step left across right, step right to right side, step left across right.

[33-40] Right side touch, kick left ball cross, left side touch, kick right ball cross

123&4 step right to right side, touch left beside right, kick left forward, step onto left ball, cross right over left.
567&8 step left to left side, touch right beside left, kick right forward, step onto right ball, cross left over right.

[41-48] Heel grind 1/4 right, rock back recover, Heel grind 1/4 right, rock back recover.

1234 touch right heel forward, grind 1/4 right, stepping weight onto left , rock back on the right, recover weight onto left (3.00)
5678 repeat making another 1/4 right. (6.00)

[49-56] Right rock recover, right shuffle 1/2 right, left shuffle 1/2 right, step right 1/4 right, touch left beside right.

123&4 rock forward on the right, recover weight onto left, making 1/2 turn over right shoulder step right, left, right.
5&678 making another 1/2 over right shoulder, stepping back left, right, left, Step right 1/4 right, touch left beside right.

[57-64] big step left drag right, step right kick, step left kick.

1234 big step left , drag right to left.
5678 step right to right side, kick left forward With a clap, step left to left side, kick right forward with a clap.

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