

Carry You Home

COPPER KNOB
BY STEPHENETS

拍數: 96 牆數: 2 級數: Intermediate waltz
編舞者: Fred Whitehouse (IRE) - April 2016
音樂: Carry You Home (feat. Chaley Rose) - Nashville Cast : (Album: The Music Of Nashville)



Intro – 24 Counts or 14 seconds from start of track

[1-6] Walk forward x2

1,2,3 Walk forward R, hold
4,5,6 Walk forward L, hold

[7-12] Chase turn L, step back, sweep over 2 counts

1,2,3 Step R forward, pivot $\frac{1}{2}$ turn Left stepping forward L, $\frac{1}{2}$ turn L stepping R back (12.00)
4,5,6 Step L back, sweep R from front to back over 2 counts

[13-18] Weave L, step L as you sway L

1,2,3 Step R behind L, step L to L, cross R over L,
4,5,6 step L to L, sway body to L over 2 counts

[19-24] Sway body to R & prep, rolling turn R over the L shoulder

1,2,3 Sway body to R over 3 counts placing weight on R (angle body to diagonal to prep)
4,5,6 Cross L over R, $\frac{1}{4}$ turn L stepping R back, $\frac{1}{2}$ turn L stepping L forward

[25-30] $\frac{1}{4}$ turn L, $\frac{1}{4}$ turn, touch L next to R and curtsy

1,2,3 $\frac{1}{4}$ turn L stepping R to R side (arms option: throw both hands forward and up) hold
4,5,6 Pivot $\frac{1}{4}$ turn R touching L beside R, soften knees into a curtsy (weight stays on R) facing 3.00

[31-36] Travelling basic L making full turn & $\frac{1}{4}$ over L shoulder

1,2,3 $\frac{1}{4}$ turn L stepping L forward, $\frac{1}{4}$ turn L stepping R to R side, $\frac{1}{4}$ turn L stepping L back (6.00)
4,5,6 Step R back, $\frac{1}{4}$ turn L stepping L to L side, $\frac{1}{4}$ turn L stepping R forward (12.00)

[37-42] Step point, hold, back point, hold

1,2,3 Step L forward, point R to R side, hold
4,5,6 Step R back, point L to L side, hold

[43-48] Step L forward, $\frac{1}{4}$ turn L sweeping R, $\frac{1}{2}$ turn weave

1,2,3 Step L forward, $\frac{1}{4}$ turn L sweeping R from back to Front over 2 counts (weight stays on L)
4,5,6 Cross R over L, $\frac{1}{4}$ turn R stepping L back, $\frac{1}{4}$ turn R stepping R side

[49-54] Cross lounge, hold, $\frac{1}{8}$ turn R with a look (or full turn sweep squaring up to 6.00)

1,2,3 $\frac{1}{8}$ turn R crossing L over R, hold for 2 counts (arms option: throw R arm from back to front over 2 counts)
4,5,6 Pivot $\frac{1}{8}$ turn R keeping weight on L as you look to opposite diagonal (7.30) hold for 2 counts
(On this movement you can use right foot to pivot your body this $\frac{1}{8}$ turn as you keep all weight on L, very small movement)

Also another option if you want to make it more advanced make full turn R keeping weight on L sweeping R from front to back squaring up to 6.00

[55-60] Back twinkle on R, back twinkle on L

1,2,3 Step R back, rock L to L side, recover weight on to R
4,5,6 Step L back, rock R to R side, recover weight on to L (you should use 6.00 wall to keep you square for these 6 counts)

*** Restart here on wall 3 ***

[61-66] Touch behind, hold, Full turn unwind R keep weight on L

- 1,2,3 Touch R behind L, throw R hand from bottom, pushing it outward and up to the top over 2 counts (option with no arm is to hold for 2 counts)
4,5,6 Take R hand placing it on to L shoulder, unwind full turn R keeping weight on L over 2 counts (6.00)

[67-72] Forward twinkle on R, step sweep

- 1,2,3 Step R over L, Rock L to L side, step R forward
4,5,6 Step L over R, sweep R from back to front over 2 counts

[73-78] Forward twinkle on R, step sweep

- 1,2,3 Step R over L, Rock L to L side, step R forward
4,5,6 Step L over R, sweep R from back to front over 2 counts (facing diagonal 4.30)

[79-84] Check step on R, check step on L

- 1,2,3 Rock R forward diagonal, recover on to L, close R next to L
4,5,6 Rock L forward diagonal, recover on to R, close L next to R

[85-90] ½ turn basic diamond fall away

- 1,2,3 Step R forward diagonal, step L to L side 1/8 turn R, step R behind L diagonal 1/8 turn R (7.30)
4,5,6 Step L back, step R to R side 1/8 turn R, cross L over R 1/8 turn R (10.30)

[91-96] ½ turn basic diamond fall away

- 1,2,3 Step R forward diagonal, step L to L side 1/8 turn R, step R behind L diagonal 1/8 turn R (1.30)
4,5,6 Step L back, step R to R side 1/8 turn R (3.00) make ¼ turn R stepping L forward (6.00)

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