Carry You Home

級數: Intermediate

編舞者: Caroline Cooper (UK) - June 2016

音樂: Carry You Home - Ward Thomas: (iTunes)

#8 Count Intro From Heavy Beat

拍數: 56

Sec 1: Side Touch, ¼ TURN SIDE TOUCH, TOUCH FORWARD, TOUCH BACK, SHUFFLE

- 1-2 Step R to R side, touch L next to R
- 3-4 1/4 L stepping forward L, touch R next to L
- 5-6 Touch R toe forward, touch R toe next to L
- 7&8 Step forward R, close L next to R, step forward R

Sec 2: ROCK FORWARD, RECOVER, TRIPLE FULL TURN, ROCK FORWARD, RECOVER, JUMP BACK, STEP BACK

- 1-2 Rock forward L, recover R
- 3&4 Full turn over L stepping LRL (option coaster)
- 5-6 Rock forward R, Recover weight L
- &7-8 Jump back and out on R then L, step back R

Sec 3: CROSS POINT Sec 3: CROSS POINT

- 1-2 Rock back L, recover R
- 3&4 Step forward L, step R next to L, step forward L
- 5-6 Step forward R, 1/4 pivot turn L
- 7-8 Cross R over L, point L to L side

Sec 4: SAILOR STEP, TOUCH 1/2 TURN L, ROCK, RECOVER, TRIPLE 3/4

- 1&2 Cross L behind R, step R to R side, step L to L side
- 3-4 Touch R toe behind, unwind 1/2 turn R
- 5-6 Rock forward L. recover R
- 7&8 1/2 turn L stepping L forward, close R next to L, ¼ turn L stepping forward L

Sec 5: SIDE ROCK, TOGETHER, SIDE ROCK, TOGETHER, SIDE ROCK, TOGETHER, SIDE CLOSE SIDE

- 1-2 Rock R to R side, recover L
- &3-4 Step R next to L, rock L to L side, recover R
- &5-6 Step L next to R, rock R to R side, recover L
- &7&8 Step R next to L, step L to L side, step R next to L, step L to L side

Sec 6: CROSS ROCK, ¼ SHUFFLE, STEP TOUCH, COASTER STEP

- 1-2 Cross R over L , recover L
- 3&4 1/4 turn R stepping forward R, step L next to R, step forward R
- 5-6 Step forward L, touch R next to L
- Step back R, step L next to R, step forward R 7&8

Sec 7: DD1/4 TURN TOUCH, 1/4 TOUCH, 1/4 TOUCH, HEEL BALL CROSS

- 1-2 1/4 turn R stepping L to L side, touch R next to L
- 3-4 1/4 R stepping forward R, touch L next to R
- 5-6 1/4 R stepping L to L side, touch R next to L
- 7&8 R heel dig forward, step down on R, cross L over R

TAG: At the end of wall 5 facing 3 o'clock add the following steps

- 1-2 Step R to R side, touch L next to R
- 3-4 Sway to L stepping L to L side, touch R next to L





牆數: 4