

Dear Friend

拍數: 56 牆數: 4 級數: Intermediate
編舞者: Kate Sala (UK) - July 2016
音樂: Carry You Home - Ward Thomas



Intro: 8 counts from first heavy beat.

Section 1: Cross Rock, Side Rock, Behind, Side, Cross Shuffle.

1 2 Cross rock on R over L. Recover on to L.
3 4 Side Rock on R out to right side. Recover on to L.
5 6 Cross step R behind L. Step L to left side.
7 & 8 Cross step R over L. Step L to left side. Cross step R over L.

Section 2: Side Step, Touch, Kick Ball Cross, Rolling Vine, Cross.

1 2 Side step on L to left side. Touch R toe next to L instep.
3 & 4 Kick R forward to right diagonal. Step down on ball of R. Cross step L over R.
5 6 Turn 1/4 right stepping forward on R. Turn 1/2 right stepping back on L.
7 8 Turn 1/4 right stepping R to right side. Cross step L over R.

Section 3: Side Rock, Turn 1/4 Right With Back Rock, Step Pivot 1/2 Turn Left x 2.

1 2 Side rock on R out to right side. Recover on to L.
3 4 Turn 1/4 right rocking back on R. Recover on to L. 3:00
5 6 Step forward on R. Pivot 1/2 turn left.
7 8 Step forward on R. Pivot 1/2 turn left.

Section 4: Rock Forward, Full Turn Back, Rock Back, Kick Step Touch.

1 2 Rock forward on R. Recover on to L.
3 4 Turn 1/2 right stepping forward on R. Turn 1/2 right stepping back on L.
5 6 Rock back on R. Recover on to L.
7 & 8 Kick R forward. Step slightly forward on R. Touch L toe out to left side.

Section 5: Kick Step Touch, Jazz Box, Cross, Side Step Right, Touch.

1 & 2 Kick L forward. Step slightly forward on L. Touch R toe out to right side.
3 - 6 Cross step R over L. Step back on L. Step R to right side. Cross step L over R.
7 8 Step R to right side. Touch L toe in next to R instep.

Section 6: Full Turn Left With Side Chasse, Cross Point, Cross Behind Kick.

1 2 Turn 1/4 left stepping forward on L. Turn 1/2 left stepping back on R.
3 & 4 Turn 1/4 left stepping L to left side. Step R next to L. Step L to left side.
5 6 Cross step R over L. Point L toe out to left side.
7 8 Cross step L behind R. Kick R forward to right diagonal.

***Section 7: Step Back, Together, Shuffle Forward x 2, Step Pivot 1/2 Turn Left.**

1 2 Step back on R. Step L next to R.
3 & 4 Step forward on R. Step L next to R. Step forward on R.
5 & 6 Step forward on L. Step R next to L. Step forward on L.
7 8 Step forward on R. Pivot 1/2 turn left. 9:00

*** Change of steps during wall 5. Step 49 - 56 facing 3 :00 are replaced with the following 8 counts. Plus 4**

1 2 Step back on R. Step L next to R.
3 4 Long step forward on R. Drag L towards R.
5 6 Long step forward on L. Drag R towards L.
7 10 Long step back on R. Slowly drag L towards R changing weight on to L.

11 12

Place your R hand on heart. Hold. Start the dance again.

Ending: On counts 13 - 16, (Rolling Vine) Turn right 1/4, 1/2, 1/2 and step forward on L facing 12:00
