

My Carol (Remix)

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 2 級數: Beginner
編舞者: Belinda Yoong (MY) - July 2017
音樂: Oh Carol (Carbonara Mix) - Don Campbell & G.Saint



Intro: 32 counts (No Tag / No Restart)

Dancing Sequence: A, A, A, A, B, B, A, A, B, B, A, A, A, A with Ending Facing 12.00 o'clock

Part A (32 counts)

#A1: WALK FORWARD (R, L), FORWARD SHUFFLE & FORWARD ROCK BACK SHUFFLE

1-2 RLF walk forward
3&4 RF Forward shuffle
5-6 LF Forward rock recover
7&8 LF Back shuffle

#A2: SIDE (RF), ROCK, CROSS SHUFFLE, LF (ROCK) RECOVER, CROSS SHUFFLE

1-2 RF side rock recover
3&4 RF cross shuffle
5-6 LF side rock recover
7&8 LF cross shuffle

#A3: RUMBA BOX (RLF SIDE TOGETHER, RF FORWARD SHUFFLE, LRF SIDE TOGETHER, LF BACK SHUFFLE)

1-2 RLF side together to the right
3&4 RF forward shuffle
5-6 LRF side together to to the left
7&8 LF back shuffle

#A4: BACK ROCK, ½ TURN BACK SHUFFLE, BACK ROCK FORWARD SHUFFLE

1-2 RF back rock recover
3&4 RF ½ turn from right back shuffle
5-6 LF rock back recover
7&8 LF forward shuffle

PART B (32 counts)

#B1: SIDE ROCK, TRIPLE STEP (x2)

1-2 RF side rock recover
3&4 RLR Triple step
5-6 LF side rock recover
7&8 LRL triple step

#B2: STEP LOCK STEP FORWARD R & L (x2) - WITH HAND ROLLING (OPTIONAL)

1&2 RF step diagonally forward right side, LF step behind RF, RF step diagonally forward right
3&4 LF step diagonally forward left side, RF step behind LF, LF step diagonally forward left
5&6 Repeat 1&2 step
7&8 Repeat 3&4 step

#B3: FORWARD CROSS POINT . POINT OUT (x2), BACK CROSS POINT.POINT OUT (x2)

1-2 RF cross over LF and LF point out to the left side
3-4 LF cross over RF and RF point out to the right side
5-6 RF back cross over LF, LF point out to the left side
7-8 RF back cross to the left and LF point out to the left side

#B4: ½ TURN PADDLE

1-8 RF ½ turn paddle (from right to the left)

Ending: Part A dance 32 counts facing 12.00 o'clock and pose (optional)

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