Carry On



拍數: 64 牆數: 2 級數: High Intermediate

編舞者: Hiroko Carlsson (AUS) - September 2019 音樂: Carry On - Kygo & Rita Ora: (iTunes)



| (Intro: 32 counts) | |
|--|--|
| [S1] Rocking C 1 2 3 4 5 6 7&8 | Chair, Step-1/4L Pivot, Anchor Step Rock/step forward on R, Recover weight on L Rock/step back on R, Recover weight on L Step forward on R, Make a ¼ turn left recover weight on L Cross R over L slightly hooks L behind, Step L behind R, Replace/step forward on R (9:00) |
| [S2] Back, Back, Out-Out-In-Touch, 2x Step-Pivot 1/2L | |
| 1 2 | Step back on L, Step back on R |
| &3&4 | Step back on L (out), Step back on R (out), Step L to the centre (in), Touch R next to L (in) |
| 5 6 | Step forward on R, Make a ½ turn left recover weight on L |
| 7 8 | Step forward on R, Make a ½ turn left recover weight on L (9:00) |
| [S3] 2x Cross-Point, Fwd Rock, 1/4R Side Shuffle | |
| 1 2 | Cross R forward, Point L to the side |
| 3 4 | Cross L forward, Point R to the side |
| 5 6 | Rock/step forward on R, Recover weight on L |
| 7&8 | Make a ¼ turn right stepping R to right, Step L next to R, Step R to right (12:00) |
| [S4] Cross, 1/4L, 1/2L, Step-Pivot 1/2L, 1/2L Back, Sailor Step | |
| 1 2 | Cross L over R, Make a ¼ turn left stepping back on R |
| 3 4 | Make a ½ turn left stepping forward on L, Step forward on R |
| 5 6 | Make a ½ turn left recover weight on L, Make a ½ turn left stepping back on R |
| 7&8 | Sweeping L around and step L behind R, Step R to the side, Step forward on L (3:00) |
| [S5] Side Rock-1/4R, Side Rock, Box 1/4L-Cross, Side-1/8R Together | |
| 1 2& | Rock/step R to right, Recover weight on L making ¼ turn right, Step R next to L |
| 3 4 | Rock/step L to left, Recover weight on R |
| 5&6 | Cross L over R, Make a ¼ turn left stepping back on R, Step L to the side |
| 7 8& | Cross R over L, Step L to the side, Make a 1/8 turn right step R together (4:30) |
| [S6] Fwd, Fwd Rock, Back, Back w/ Drag-Together-Fwd, Fwd | |
| 1 2 | Step forward on L, Rock/step forward on R |
| 3 4 | Recover weight on L, Step back on R |
| 5 6& | Step back on L, Drag R towards L, Step R next to L |
| 7 8 | Step forward on L, Step forward on R (4:30) |
| [S7] Step-Pivot 1/2R, 2x Fwd w/ Body Roll, Fwd Rock | |
| 12 | Step forward on L, Make a ½ turn right recover weight on R |
| 3-4& | Step forward on L with body roll forward (3-4), Step R next to L (&) |
| 5-6& | Step forward on L with body roll forward (5-6), Step R next to L (&) |
| 7 8 | Rock/step forward on L, Recover weight on R (10:30) |

[S8] 1/8R Behind, Side Rock, Behind, Side Rock, Touch Unwind

- 12 Make a 1/8 turn right (square up to the front) stepping L behind R, Rock/step R to right
- 3 4 Recover weight on L, Step R behind L

Rock/step L to left, Recover weight on R
Touch L toe behind R, Unwind 1/2L weight ends on L

TAG: 8 count Tag: End of Wall 2 (12:00) – 2x Rock Fwd-Coaster Step

1 2 Rock/step forward on R, Recover weight on L

3&4 Right coaster step

5 6 Rock/step forward on L, Recover weight on R

7&8 Left coaster step (12:00)

Finishes at 6:00 – Turn to the front.

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com) (updated: 5/Sept/19)