

Oh Carol

拍數: 32 牆數: 1 級數: Beginner
編舞者: Katherine Lee (SG) - May 2020
音樂: Oh! Carol - Neil Sedaka



Intro : 4x8

1 or 4 wall dance

Option for 4 wall dance: Sec2: on count 78, LF forward 1/4 Left turn(9:00), RF scuff(weight remains on LF)

* for our stay home friends with space constraint at home.*

Starts with our Right Foot. No tag No Restarts

S1: Walk forward, kick, walk back, touch.

1234 Walk forward (R,L,R) LF kick forward,
5678 Walk back (L,R,L), RF touch next to LF.

S2: Vine with scuff

1234 RF side, LF cross behind RF, RF side, LF scuff(weight remains on RF)
5678 LF side, RF cross behind LF, LF side, RF scuff(weight remains on LF)

S3: ¼ Left Paddle Turn x 4 (option : add hip rolls)

1-8 RF forward, pivot ¼ L-turn x 4 (9:00 > 6:00 > 3:00 > 12:00)

S4: Out, Out, In, In, heels twist x 4

12 RF step out diagonal R forward, LF step out diagonal L forward,
34 RF Step back to center, LF step next to RF,
5678 Twist both heels to Right, Left, Right, Left.

Keep Active! Keep Dancing!

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Last Update - 30 June 2020