She Had Me at Heads Carolina

級數: Intermediate

編舞者: Sarah Vanderhill (USA) - April 2022

音樂: She Had Me At Heads Carolina - Cole Swindell

Intro: 16 counts from when the beat starts

拍數: 64

Rocking Chair R with Shuffle, 1/2 Turn Pivot, Repeat on L

- Step forward R, rock back on L, step back on R, rock on L 1-4
- 5 & 6, 7-8 Shuffle R, step with L and 1/2 turn pivot
- Step forward L, rock back on R, step back on L, rock on R 1-4
- 5 & 6, 7-8 Shuffle L, step with R, 1/2 turn pivot

Cross with Toe Point, 1/4 Turn, Walk

- Cross R over L, point L toe to side, cross L over R, point R toe to side, cross R over L, point L 1-8 toe to side and cross L over R, point R toe to side while 1/4 turn to L
- 1-4 Walk forward with R, L, R, kick L foot
- 5-8 Walk back L, R, L, R together

Cross Step with Vine, Jazz box, Heel, Step, 1/4 Turn

- 1-4 Cross R over L, step L to side, R behind L, touch L toe out
- 5-8 Cross L over R, step R to side, L behind R, touch R toe out
- Cross R over L, step L back, R to side, L together 1-4
- 5-8 Jump on R heel out, jump on L heel, step with R, pivot 1/4 turn on R

Rock Step, Recover, Shuffle, Walk, Kick

- Step R toward L, at a diagonal, rock L, recover on R, shuffle to L 1, 2, 3 & 4
- 5,6,7, & 8 Step L toward R at a diagonal, rock R, recover on L, shuffle to R
- Step forward with R, L, kick twice with R 1-4
- 5-8 Step back with R, L, R, L

Repeat facing 6 o'clock wall

One Restart after fifth time of full dance, you will be facing the 6 o'clock wall following the Jazz box, heel, heel, step with 1/4 pivot to L. You will hear the restart in the music

Last Update: 21 Jul 2022





牆數:4