

Goin' To Carolina

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Absolute Beginner / Beginner
編舞者: Helaine Norman (USA) - January 2023
音樂: Carolina (feat. Lucius) - Lukas Nelson & Promise of the Real



Intro: 32

I. BACK TOE STRUT X2; BACK ROCK RECOVER, FORWARD SHUFFLE

1-2 Touch R toe back, drop R heel
3-4 Touch L toe back, drop L heel
5-6 Rock R back, recover to L
7&8 Step R forward, step L together, step R forward

II. FORWARD TOE STRUT X2; FORWARD ROCK RECOVER, BACK COASTER

1-2 Touch L toe forward, drop L heel
3-4 Touch R toe forward, drop R heel
5-6 Rock L forward, recover to R
7&8 Step L back, step R together, step L forward

Optional styling for 1-4: With hip bumps

Optional for 7&8 for Absolute Beginner Level: 7-8: Rock L back, hold

III. ¼ R TURN JAZZ BOX; LINDY

1-2 Step R over, step L back
3-4 Step R side making ¼ turn right, step L over (3:00)
5&6 Step R side, step L together, step R side
7-8 Rock L behind, recover to R

IV. SIDE, HOLD, TOGETHER, SIDE, TOGETHER; LINDY

1-2 Step L side, hold
&3-4 Step R together, step L side, step R together
5&6 Step L side, step R together, step L side
7-8 Rock R behind, recover to L

Optional for 1-4 for Absolute Beginner Level:

LEFT 4-COUNT VINE:

1-4 Step L side, step R behind, step L side, step R over

Or

STEP TOGETHER X2

1-2 Step L side, step R together
3-4 Step L side, step R together

REPEAT

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