

# 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

Helaine43@gmail.com

Last Update: 6 Feb 2023