

# Oh Carol Kizomba

拍數: 32      牆數: 4      級數: High Beginner  
編舞者: Penny Tan (MY) & Shirley Bang (MY) - August 2024  
音樂: Oh Carol - Kizomba Singers



Intro: 8C - No tag No restart!

## Intro Dance (32C)

### iSEC1: MAMBO STEPS

1&2      Step RF fwd ,recover on L ,step RF back  
3&4      Step LF back,recover on R ,step LF fwd  
5&6      Step RF to R ,recover on L,step RF next to LF  
7&8      Step LF to L,recover on R,step LF next to RF

### iSEC2:CROSS SHUFFLE , HITCH , CROSS SHUFFLE, SIDE CHASSE TOUCH , SIDE CHASSE, TOUCH

1&2&      Cross RF over LF ,step LF to L , cross RF over LF , hitch LF  
3&4      Cross LF over RF , step RF to R ,cross LF over RF  
5&6&      Step RF to R , step LF next to RF ,Step RF to R , touch LF next to RF  
7&8&      Step LF to L, step RF next to LF , step LF to L , touch RF next to LF

iSEC3: Repeat iSEC1

iSEC4: Repeat iSEC2

## Main Dance

### SEC1:SAMBAWALK FWD R-L , FWD LOCK STEP , SAMBA WHISK L-R

1-2      Walk fwd R , walk fwd L  
3&4      Step RF fwd , lock LF behind RF , step RF fwd  
5-6&      Step LF to L , step RF behind LF , step LF on L  
7-8&      Step RF to R , step LF behind RF , step RF on R

### SEC2:BOTAFOGO , ¼ TURN R BOTAFOGO , TRAVELLING VOLTA TO R

1&2      Cross LF over RF , step RF to R , recover LF on L  
3&4      Cross RF over LF , ¼ turn R , step LF to L , step RF fwd (3:00)  
5&6&      Cross LF over RF , ball step RF to R , cross LF over RF , ball step RF to R  
7&8      Cross LF over RF , ball step RF to R , cross LF over RF

### SEC3:SWAY R-L , SIDE CHASSE , ½ TURN L TRIPLE STEP , SYNCOPATED WEAVE

1-2      Step RF to R with sway , step LF on L with sway  
3&4      Step RF to R ,step LF next to RF , step RF to R  
5&6      ¼ turn L , step LF fwd , step RF behind LF , 1/4 turn L , step LF fwd (9:00)  
7&8&      Cross RF over LF , step LF to L , step RF behind LF , step LF to L side

### SEC4:BASIC SAMBA STEP

1&2      Step RF fwd , step LF next to RF , step RF on R  
3&4      Step LF back, step RF next to LF , step LF in place  
5&6      Step RF to R , step LF next to RF , step RF in place  
7&8      Step LF to L , step RF next to LF , step LF in place

Have fun and happy dancing!

Last Update: 6 Aug 2024

