

Cara Mia

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Phil Dennington (UK)
音樂: Cara Mia - Jay & The Americans



RIGHT/LEFT SIDE CHASSE, ROCK BACK, RECOVER

1&2 Step right to right, bring left to right, step right to right
3-4 Cross rock left behind right, recover onto right
5&6 Step left to left side, bring right to left, step left to left
7-8 Cross rock right behind left, recover onto left (12:00)

SYNCOPATED TOUCHES, STEP ¼ LEFT TURN. ROCKING CHAIR

1& Touch right out to right side, bring right beside left
2& Touch left out to left side, bring left beside right
3-4 Step forward right, pivot ¼ left (9:00)
5-6 Rock forward on right, recover onto left
7-8 Rock back right, recover onto left

SHUFFLE ½ TURN LEFT, LEFT ROCK, RECOVER, SHUFFLE ½ TURN RIGHT, RIGHT ROCK, RECOVER

1&2 Turning ¼ left step right to right side, step left next to right, turning ¼ turn left step right back
3-4 Rock back left, recover onto right (3:00)
5&6 Turning ¼ right step left to left side, step right next to left, turning ¼ turn right step left back
7-8 Rock back right, recover onto left (9:00)

JAZZ BOX, ROCK ¼ TURN, STEP, TOUCH

1-4 Cross step right over left, step back left, step right to right side, touch left beside right (9:00)
5-6 Rock onto left in place, turning ¼ right replace weight on right (12:00)
7-8 Step left to left side, touch right beside left (12:00)

Restart wall 2

ROLLING VINE RIGHT TOUCH, ROLLING VINE LEFT ¾ TURN LEFT, TOUCH

1-2 Turning ¼ right step forward right, turning ¼ right step left to left side
3-4 Turning ½ right step right to right side, touch left beside right (12:00)
5-6 Turning ¼ left step forward left, turning ¼ left step right to right side
7-8 Turning ¾ left step left to left side, touch right beside left (9:00)

RUMBA BOX WITH HOLDS

1-4 Step right to right side, step left to right, step forward right, hold (9:00)
5-8 Step left to left side, step right to left, step back left, hold (9:00)

REPEAT

RESTART

Restart after count 32 on wall 2