

Cara Mia

拍數: 32 牆數: 2 級數: Improver
編舞者: Frida Axelsson (SWE)
音樂: Cara Mia - Måns Zelmerlöv



STEP, STEP, LOCK STEPS, STEP ½ TURN LEFT, FULL TURN LEFT

1-2 Step forward right foot, step forward left foot
3&4& Lock right foot behind left foot, step left foot forward, lock right foot behind left foot, step left foot forward
5-6 Step right foot forward, ½ turn left
7&8 Shuffle full turn left stepping left, right, left

RIGHT VINE WITH ¼ TURN LEFT AND KICK, LEFT VINE WITH KICK

9 Step right foot forward, turn ¼ left
10 Cross left foot behind right foot
11-12 Step right foot to the right, kick left foot forward
13-14 Step left foot to the left, cross right foot behind left foot
15-16 Step left foot to the left, kick right foot forward

CROSS BEHIND, RIGHT SHUFFLE ¼ TURN RIGHT, STEP ½ TURN RIGHT, LEFT SHUFFLE

17-18 Step right foot to the right, cross left foot behind right foot
19&20 Right shuffle with ¼ turn right
21-22 Step left foot forward, turn ½ turn right
23&24 Left shuffle forward

1 ½ TURN LEFT, JAZZ JUMP, LEFT FOOT SWEEP

25-28 Magically turn 1 ½ turn left on ball of left foot
&29-30 Jump out with left foot, jump out with right foot, hold
31-32& Sweep left foot forward, sweep left foot back, step left foot in place

REPEAT

TAG

After wall 1, 4 and 7

1-2 Step left foot forward
3-4 Touch right foot behind left foot, hold
5-8 Unwind full turn right over 4 counts
9-12 Kick left foot slowly forward over 4 counts
13-16 Step left foot beside right foot, hold for 3 counts

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After wall 3 and 6

1-4 Continue sweeping left foot all way around right foot for 4 counts