

Cara Mia

拍數: 48 牆數: 2 級數: Improver
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK)
音樂: Cara Mia - Måns Zelmerlöv



Start the dance around 11 seconds into the song when they sing "Whose gonna love you"

WEAVE LEFT 2, SYNCOPATED 3 STEP WEAVE LEFT, ¼ LEFT & LEFT FORWARD, RIGHT FORWARD, ½ LEFT TURN, ¼ LEFT & RIGHT TO SIDE

- 1-2 Cross step right over left, step left side
3&4 Cross right behind, step left side, cross step right over left
5-8 Turn ¼ left and step left forward, step right forward, turn ½ left (weight to left), turn ¼ left and step right to right side (12:00)

LEFT CROSS ROCK & RECOVER, LEFT SIDE SHUFFLE, RIGHT CROSS STEP, LEFT SIDE, ¼ RIGHT & RIGHT TO SIDE, LEFT CROSS STEP

- 1-2 Cross rock left over right, recover weight on right
3&4 Step left to side, step right together, step left side
5-8 Cross step right over left, step left side, turn ¼ right and step right to side, cross step left over right

RIGHT SIDE, ¼ LEFT & LEFT TO SIDE, RIGHT CROSS STEP, LEFT SIDE, RIGHT ROCK BACK & RECOVER ¼ LEFT & RIGHT BACK SHUFFLE

- 1-4 Step right to side, turn ¼ left and step left to side, cross step right over left, step left side (12:00)
5-6 Rock back on right, recover weight on left
7&8 Turn ¼ left and step right back, step left together, step right back

½ LEFT & LEFT FORWARD, RIGHT FORWARD, ¼ LEFT TURN, RIGHT CROSS STEP, LEFT SIDE ROCK & RECOVER, ¼ LEFT TURN LEFT SHUFFLE BACK

- 1-4 Turn ½ left and step left forward, step right forward, turn ¼ left, cross step left over right (12:00)
5-6 Rock left to side, recover weight on right
7&8 Turn ¼ left and step left back, step right together, step left forward (9:00)

RIGHT FORWARD & SIDE TOUCHES, RIGHT BALL STEP, RIGHT FORWARD, LEFT FORWARD & SIDE TOUCHES, LEFT BALL STEP, LEFT FORWARD

- 1-2 Touch right forward, touch right side
&3-4 Step right together, step left slightly forward, step right forward
5-6 Touch left forward, touch left side
&7-8 Step left together, step right slightly forward, step left forward

RIGHT FORWARD ROCK & RECOVER, RIGHT TOGETHER, LEFT HEEL FORWARD, LEFT TOGETHER, RIGHT TOE TOUCH TOGETHER, RIGHT SLIGHTLY BACK, LEFT HEEL FORWARD, HOLD, LEFT TOGETHER, RIGHT FORWARD, ¼ LEFT TURN

- 1-2& Rock right forward, recover weight on left, step right together
3&4& Touch left heel forward, step left together, touch right toes together, step right slightly back
5-6& Touch left heel forward, hold, step left together
7-8 Step right forward, turn ¼ left (weight to left) (6:00)

REPEAT

TAG

After every 2 walls dance the following: (you will be facing the front wall when you start and finish the tag)

RIGHT CROSS ROCK & RECOVER, RIGHT TOGETHER, LEFT CROSS ROCK & RECOVER, LEFT TOGETHER, RIGHT FORWARD, ½ LEFT TURN, WALK FORWARD RIGHT & LEFT

1-2& Cross rock right over left, recover weight on left, step right together

3-4& Cross rock left over right, recover weight on right, step left together

5-8 Step right forward, turn ½ left (weight to left), walk forward right, walk forward left

Or do a full left turn forward

REPEAT ABOVE 8 COUNTS, RIGHT JAZZ BOX

1-8 Repeat above 8 counts

9-12 Cross right over left, step left back, step right side, step left together
