

# 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

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