

Carioca Run

拍數: 64 牆數: 4 級數: Intermediate/Advanced
編舞者: Michelle Hatton (UK)
音樂: You'll Be Mine (Party Time) (Original Salsa Mix) - Gloria Estefan



STEP, ½ TURN LEFT, LOCK STEP BACK, CLOSE, STEP, LOCK STEP FORWARD

1-2 Step left forward, step right back turning ½ left.
3&4 Step left back, cross right in front of left, step left back.
5-6 Close right to left, step left forward.
7&8 Step right forward, cross left behind right, step right forward.

STEP, ½ TURN LEFT, LOCK STEP BACK, CLOSE, STEP, LOCK STEP FORWARD

9-16 Repeat steps 1-8

CUCARACHA LEFT, RIGHT, FORWARD, BACK

17&18 Rock left to left side, replace weight to right, close left to right.
19&20 Rock right to right side, replace weight to left, close right to left.
21&22 Rock left forward, replace weight to right, close left to right.
23&24 Rock right back, replace weight to left, close right to left.

KICK CLOSE TOUCH, KICK CLOSE TOUCH BACK, HIP BUMPS ½ LEFT

25&26 Kick left forward, close left to right, touch right to right side.
27&28 Kick right forward, close right to left, touch left back.
29-32 With flexed knees: bump hips to right 4 times making ½ turn left. (ending with weight on right)

CARIOCA RUN, CARIOCA TURN

33-34 Close left to right to face left diagonal, step right forward,
35-36 Step left forward, kick right forward to face right diagonal.
37-38-39 Make a full turn over left shoulder traveling to right side, stepping right, left, right. (turn the wrong way!)

40 Kick left forward to face left diagonal.

CARIOCA RUN, 1 ¼ TURN RIGHT, CROSS

41-44 Repeat section 5. Steps 33-36
45-46-47 Make 1 ¼ turn right to right side ending facing right wall, stepping right, left, right. (turn the right way!)

48 Cross left in front of right stretching both arms out to sides.

TRAVELING HIP BUMPS, RONDE WALKS BACK, SLIP

49&50 Step right forward bumping hips right, left, right, (with arms out).
51&52 Step left forward bumping hips left, right, left (weight ending back on right). (lower arms).
53 Sweep left round in a semi-circle ending behind right,
54 Sweep right round in a semi-circle ending behind left,
55 Sweep left round in a semi-circle ending behind right,
56 Sweep right round in a semi-circle ending behind left without weight
& With weight on left quickly slip left back towards right.

TAPS TWICE ½ TURN LEFT, LAZY BOTAFOGO, BOTAFOGO, SAILOR SHUFFLE

57-58 Tap right toe to right side 2 times making ½ turn left,
59-60 Cross right over left, touch left to left side.
61& Cross left over right, step ball of right to right side,
62 Step left in place,

63& Cross right behind left, step ball of left to left side,
64 Step right in place.

REPEAT
