

The Carioca

拍數: 64 牆數: 2 級數: Improver
編舞者: Ira Weisburd (USA)
音樂: The Carioca - Caetano Veloso



BOLERO BOX (2X) - FORWARD, SIDE TOGETHER; BACK, SIDE TOGETHER (SQQ)

1-2 Step forward with left foot, hold
3-4 Step right to right side, step-close with left beside right foot
5-6 Step back with right foot, hold
7-8 Step left to left side, step-close with right beside left foot
9-16 Repeat 1-8

FOUR FORWARD STROLLS (STEP, HOLD, LOCK STEP) 4X; (SQQ)

1-2 Step diagonally forward with left foot, hold
3-4 Lock right foot behind left foot and transfer weight onto right, step diagonally forward onto left foot
5-8 Repeat 1-4 with right foot
9-16 Repeat 1-8

WEAVE FOUR STEPS (LEFT OVER RIGHT); CROSS ROCK STEP (LEFT OVER RIGHT); ¼ TURN LEFT, FLICK RIGHT; (REPEAT SAME WITH RIGHT FOOT.)

1-2 Step with left across right foot, step right to right
3-4 Step with left behind right foot, step right to right
5-6 Step with left across right foot, rock back onto right foot
7-8 Make ¼ turn to left with left foot, flick right heel out to right side
9-10 Step with right across left foot, step left to left
11-12 Step with right behind left foot, step left to left
13-14 Step with right across left foot, rock back onto left foot
15-16 Make ¼ turn to right with right foot, flick left heel out to left side

STEP FORWARD, FORWARD ROCK STEP; STEP BACK, BACK ROCK STEP; WALK FORWARD FOUR STEPS (LEFT, RIGHT, LEFT, RIGHT) IN SQQS RHYTHM; PIVOT ½ TURN RIGHT (LEFT, RIGHT)

1-2 Step forward with left, hold
3-4 Step forward with right, rock back onto left
5-6 Step back with right, hold
7-8 Step back with left, rock forward onto right
9-10 Step forward with left, hold
11-12 Step forward with right, step forward with left
13-14 Step forward with right, hold
15-16 Step forward with left, pivot ½ turn to right onto right foot

REPEAT
