

Carlene, Carlene

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Lucy Allen (UK)
音樂: Carlene - Phil Vassar



RIGHT KICK BALL CHANGE TWICE, (CROSS, TOUCH) TWICE

1&2 Kick forward right, step right beside left, step left in place
3&4 Kick forward right, step right beside left, step left in place
5-6 Cross right over left angling body left, touch left toe to left side
7-8 Cross left over right angling body right, touch right toe to right side

CROSS, UNWIND $\frac{3}{4}$ TURN LEFT, HIP BUMPS LEFT AND RIGHT, ROLLING FULL-TURN RIGHT

9-10 Cross right over left, unwind $\frac{3}{4}$ turn left
11-12 With weight on left bump hips forward left, back right
13 Step right $\frac{1}{4}$ turn right
14 On ball of right pivot $\frac{1}{2}$ turn right stepping back on left
15 On ball of left pivot $\frac{1}{4}$ turn right stepping right to right side
16 Touch left beside right

CROSSING HEEL JACKS, TOUCH, CROSS, UNWIND, CLAP

&17&18 Step back on left, cross right over left, step left diagonally back left, touch right heel diagonally forward right
&19&20 Step back on right, cross left over right, step right back diagonally right, touch left heel diagonally forward left
&21-22 Step left in place, touch right toe to right side, cross right over left
23-24 Unwind $\frac{1}{2}$ turn left, clap

(THREE WALKS FORWARD, KICK) TWICE

&25-26 Rock small step back on right, step forward left, step forward right
27-28 Step forward left, kick right forward
&29-30 Rock small step back on right. Step forward left, step forward right
31-32 Step forward left, kick right forward

TOUCH BACK, $\frac{1}{2}$ TURN RIGHT, PIVOT $\frac{1}{4}$ TURN RIGHT, CROSS ROCK, $\frac{1}{4}$ TURN TRIPLE STEP

33-34 Touch right toe back, pivot $\frac{1}{2}$ turn right on ball of left, replacing weight onto right
35-36 Step forward on left, pivot $\frac{1}{4}$ turn right
37-38 Cross rock left over right, rock back onto right
39&40 Step left $\frac{1}{4}$ turn left, step right next to left, step left forward

(CROSS, TOUCH) TWICE CROSS UNWIND $\frac{3}{4}$ TURN LEFT, HIP BUMPS

41-42 Cross right over left angling body left, touch left toe to left side
43-44 Cross left over right angling body right touch right toe to right side
45-46 Cross right over left, unwind $\frac{3}{4}$ turn left
47-48 With weight on left bump hips forward left, back right

REPEAT