# Carolina Girls



編舞者: Joan Caviness (USA)

音樂: Carolina Girls - General Johnson & The Chairman Of The Board



## With assistance from Sheila Purkey and Rob Baen

## SUGAR PUSH, BALL CHANGE, DUCK WALK

1-2 Step forward right and left
3& Step in place right and left
4 Long drag backward with right

5-6 Hold

&7 Ball change (end with weight on right heel)

8 Drag toe of left through

## **DUCK WALKS AND SPIRAL**

1-2 Duck walk left heel, dragging right toe through and transfer weight to left foot
 3-4 Duck walk right heel, dragging left toe through and transfer weight to right foot

5-6 Step on left foot and hold

&7 Quickly step slightly forward on right, swing left leg behind right and tap (body may turn to

left)

8 Spiral to left

## DOO-DAH

1-2 Continue spiral to end with left foot crossed over right (figure 4, but leave toe on ground)

Step back on left and cross with right (body may turn to right)

Step back on right and cross with left (body may turn to left)

5&6 Triple step while turning to 6:00

7-8 ½ pivot to end at 3:00

## **APPLES**

1 Step right over left

2 Twist to right and touch toe in with left foot

Twist to left and low kick to left
Step left foot behind right
Quick grapevine right

6 Twist to left and touch toe in with right foot

7&8 Kick ball change with boogie styling

#### **REPEAT**