

Carino Mio

拍數: 48 牆數: 4 級數: Beginner
編舞者: Elke Weinberger (NL)
音樂: Carino Mio - RBD : (Album: Rebels)



Note: Start dance after 16 counts (on main verse) at time track 00:09.

Note: Pay special attention to the difference in rhythm of ?a? and ?&?.

TRAVELLING VOLTAS, 1½ LEFT PADDLE TURN

1a2a Cross left over right, step right to right, cross left over right, step right to right
3a4 Cross left over right, step right to right, cross left over right
5a6a Step right forward, pivot ½ turn left as your roll and bounce your hips, step right forward, pivot ½ turn left as your roll and bounce your hips
7a8a Step right forward, pivot ¼ turn left as your roll and bounce your hips, step right forward, pivot ¼ turn left as your roll and bounce your hips

BOTA FOGO, ½ LEFT TURNING BOTA FOGO, SAMBA WEAVE, SIDE ROCK, RECOVER, ½ RIGHT SWEEP TURN

9a10 Cross right over left, step on ball of left to left, step right in place
11a12 Cross left over right, execute ¼ turn left and then step right back, execute another ¼ turn left and then step left to left
a13a14 Cross right over left, step left to left, cross right behind left, step left to left
a15a16 Cross step right over left, rock left to left, execute ½ turn right sweeping left leg around as you recover weight onto right, step left close together to right

SAMBA WHISKS

17a18 Step right to right, step left behind right, step right in place
19a20 Step left to left, step right behind left, step left in place

CORTA JACA, KICK-BALL-CROSS, FULL SPOT VOLTAS

21& Place right heel forward, slide left towards right foot
22& Place right toe back, slide left towards right foot
23&24 Kick right diagonally forward, step right beside left, cross left over right
a25 Execute ¼ turn right and then step right forward, step onto ball of left in place
a26 Execute ½ turn right and then step right forward, step onto ball of left in place,
a Execute ¼ turn right and then step right forward
27& Place left heel forward, slide right towards left foot
28& Place left toe back, slide right towards left foot
29a30 Kick left diagonally forward, step left beside right, cross right over left
a31 Execute ¼ turn left and then step left forward, step onto ball of right in place
a32 Execute ½ turn left and then step left forward, step onto ball of right in place
a Execute ¼ turn left and then step left forward

MAMBO CROSSES, FORWARD ROCK, RECOVER, ½ LEFT TURNING TRIPLE STEPS

33a34 Rock right to right, recover weight onto left, cross right over left
35a36 Rock left to left, recover weight onto right, cross left over right
37-38 Rock right forward, recover weight onto left
39a40 Step right back, execute ½ turn left and then step left forward, step right forward

¾ LEFT SWEEP TURN, TRAVELLING BACK BOTA FOGOS, BACK LOCK STEPS, ½ RIGHT TURN, SIDE ROCK, RECOVER

41 Execute ¾ turn left as you sweep left around
42a43 Cross left behind right, step on ball of right to right, step left in place
44a45 Cross right behind left, step on ball of left to left, step right in place

46a47a: Step left back, lock step right over left, step left back, execute $\frac{1}{2}$ turn right and then step right forward

48a Rock left to left, recover weight onto right

REPEAT

RESTART: On the 5th rotation, dance till the 16th count without taking weight onto left on the last step. Then start dance again (i.e. 6th rotation) from count 1 facing 6 O? Clock wall.
