

# Kara Step

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: John Ng (SG) - November 2011  
音樂: Step - KARA



Sequence: 16 counts, Intro, 4 counts pose (count in to main dance), 64, 48, 48, 64, 64, 64, ending, final pose

## Intro and ending (La la la la la part)

### Funky Hip Rolls (Feet at shoulder width apart)

- 1&      Roll hips counter-clockwise as you bend both knees slightly
- 2      Straighten up
- 3-8      Repeat 3 more times

(Styling: leave both arms at side)

### Funky Hip Rolls (Feet at shoulder width apart)

- 1&      Roll hips counter-clockwise as you bend both knees slightly
- 2      Straighten up
- 3-8      Repeat 3 more times

(Styling: While doing the above 8 counts, straighten both arms forward with right palm over left hand)

## Main Dance

### CROSS & HEEL, & CROSS, SCUFF, R HEEL BOUNCE X4

- 1&2      Cross right over left, step left to left, touch right heel forward diagonally right
- &3-4      Replace right beside left, cross left over right, scuff right to right
- 5-8      Step right to right bounce right heel 4 times (weight ends on right)

### WEAVE TO R, ¼ R, PIVOT ½ R, WALK L-R, FORWARD, DRAG

- 1&2&      Cross left over right, step right to right, step left behind right, ¼ turn right step forward on right
- 3-4      Step forward on left, pivot ½ turn right
- 5-6      Step forward on left, step forward on right
- 7-8      Step forward on left, drag right toe towards left foot

### HEEL SWITCHES, & FORWARD, TOUCH, BACK SHUFFLE, ½ R, ¼ R

- 1&2&      Touch right heel forward, step right beside left, touch left heel forward, step left beside right
- 3-4      Step forward on right, touch left toe forward
- 5&6      Step back on left, lock right over left, step back on left
- 7-8      ½ turn right step forward on right, ¼ turn right step left to left

### BEHIND SIDE CROSS, L SIDE ROCK, BEHIND SIDE CROSS, ¼ L, SIDE

- 1&2      Step right behind left, step left to left, cross right over left
- 3-4      Rock left to left, recover onto right
- 5&6      Step left behind right, step right to right, cross left over right
- 7-8      ¼ turn left step back on right, step left to left (feet are now shoulder width apart)

### BODY ROLL DOWN, BUTT ROLL UP

- 1-4      Body roll from top to bottom into a dip position
  - 5-8      Push butt back out, as upper body leans forward, then straighten up
- (Easy option: Sway to right over counts 1-4, sway to left over counts 5-8)

### BODY ROLL ¼ R, BACK ROCK, WALK R-L

- 1-4      Body roll ¼ turn right transfer weight to left
- (Easy option: Roll hips clockwise over counts 1-4 making ¼ turn right)
- 5-6      Rock back on right, recover onto left

7-8 Step forward on right, step forward on left

**SIDE, DRAG, ROLLING L VINE**

1-4 Step right to right, drag left toe to right foot over 3 counts

5-8 ¼ turn left, step forward on left, ½ turn left step back on right, ¼ turn left step left to left, touch right beside left

**DIP AND POINT R, SLIDE R TOE TO L, FORWARD, TOGETHER, BACK, JUMP OPEN**

1-4 Point right toe to right and bend left knee, drag right toe towards left foot over 3 counts as you straighten left knee

**(Easy option: If unable to bend left knee, just do the point and drag only)**

5-6 Step forward on right, step left beside right

7-8 Step back on right, jump open with feet apart on the spot

**(Easy option: If unable to jump, just step left beside right)**

**REPEAT**

**RESTART: On wall 2 and 3, dance to count 48, then restart dance.**

**Note: For the pose after the intro, it's actually the count in to main dance. For both pose, just do whatever you like. Watch my video for additional styling.**

Contact: [john\\_nkt@yahoo.com](mailto:john_nkt@yahoo.com)

---