

Care

拍數: 32 牆數: 4 級數: Improver - NC
編舞者: Maria Hedenmark (SWE) & Micke Friberg (SWE) - February 2013
音樂: I'll Take Care of You (Radio Edit) - Beth Hart & Joe Bonamassa



8 counts intro.

Section 1: R Side, Cross Rock, L Side, Cross Rock, Back Lock Back, ½ L, ¼ L, Cross

1-2& R to R side, L cross over R, Recover on R (12 o'clock)
3-4& L to L side, R cross over L, Recover on L
5-6& Step R back, Lock L over R, Step R back.
7-8&1 Turn ½ L stepping fwd on L, Turn ¼ L Rock R to R side, Recover on L, Cross R over L. (3 o'clock)

Section 2: Turn R ¼, ¼, Cross, Side, Cross, Side, L Sailor ¼ L, R Shuffle, Sweep.

2&3 Turn ¼ R by Stepping L Back, Turn ¼ R By stepping R to R side, Cross L over R. (9 o'clock)
4&5 R to R side, Cross L over R, R to R side.
6&7 Sweep L behind R turning 1/4 L, Step R beside L, Step L beside R. (6 o'clock)
8&1& R fwd , L beside R, R fwd, Sweep L in front.

Section 3: Cross, Back, Back, R Coaster Step, Full Turn R, Rock, ¼ Turn L

2&3 Cross L over R, Step back on R, Step L beside R.
4&5 Step R Back, Step L beside R, Step fwd on R.
6-7 Turn ½ R stepping back on L, Turn ½ R stepping R fwd.
8&1 Rock fwd on L, Recover on R, Turn ¼ L step L to L side (3 o'clock)

Section 4: R Cross, Side, Behind, Sweep, Behind, Side, Cross, Sway x 4

2&3 Cross R over L, Step L to L, Step R behind L.
&4&5 Sweep L, Step L behind R, Step R to R side, Cross L over R.
6-7 Step R to R side, sway to R side, Sway to L.
8& Sway R, L

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