

Carry You

COPPERKNOB
STEPPERS

拍數: 64 牆數: 4 級數: Improver
編舞者: Jonathan Williamson (UK) - June 2013
音樂: Carry You - Union J



Start Dance 16 counts (8 seconds) from beginning of track on word "...lonely"

Walk, Walk, Shuffle, Rock Recover, Coaster Step

1-2 Walk forward right, left
3&4 Step forward right, step left besides right, step forward right
5-6 Rock forward left, recover weight back on right
7&8 Step back left, step right besides left, step forward left

Rock Recover, Shuffle ½ Turn, Shuffle ½ Turn, Rock Recover

1-2 Rock forward right, recover weight back on left
3&4 ½ turn right Stepping forward right, step left besides right, step forward right
5&6 ½ turn right stepping back left, step right besides left, step back left
7-8 Rock back right, recover weight forward on left

Forward Rock, Side Rock, Sailor Step, Sailor Step

1-2 Rock forward right, recover weight back on left
3-4 Rock right to right side, recover weight back on left
5&6 Step right behind left, step left to left side, step right to right side
7&8 Step left behind right, step right to right side, step left to left side

Touch Back, ½ Turn, Shuffle, Walk, Walk, Kick Ball Change

1-2 Step right toe back, ½ turn right (stepping weight on right foot)
3&4 Step forward left, step right besides left, step forward left
5-6 Walk forward right, left
7&8 Kick forward right, step right toe besides left, step forward left

Side, Behind, ¼ turn shuffle, Rocking chair forward and back

1-2 Step right to right side, step left behind right
3&4 ¼ turn right stepping forward right, step left besides right, step forward right
5-6 Rock forward left, recover weight back on right
7-8 Rock back left, recover weight forward on right

Step, ¼ turn, Cross shuffle, ¼ turn, ¼ turn, Cross shuffle

1-2 Step forward left, ¼ turn right
3&4 Cross left over right, step right to right side, cross left over right
5-6 ¼ turn left stepping back left, ¼ turn left stepping left to left side
7&8 Cross right over left, step left to left side, cross right over left

Side rock, recover, sailor ¼ turn, rocking chair forward and back

1-2 Rock forward left, recover weight back on right
3&4 ¼ turn left stepping left behind right, step right to right side, step left besides right
5-6 Rock forward right, recover weight back on left
7-8 Rock back right, recover weight forward on left

Cross Rock, Step, Cross Rock, Step, Jazz Box, Step

1&2 Cross right over left, recover weight on left, step right to right side
3&4 Cross left over right, recover weight back on right, step left to left side

5-6

Cross right over left, step back left

7-8

Step right to right side, step forward left
