|  |  |
| --- | --- |
| Kara Step |  |

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| . |
| **Count:** | 64 | **Wall:** | 2 | **Level:** | Intermediate | . |
| **Choreographer:** | John Ng (SG) - November 2011 |
| **Music:** | 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**