

Oh, My Cara Mia

Compte: 32

Mur: 4

Niveau: High Beginner



Chorégraphe: Penny Tan (MY) - June 2024

Musique: Cara Mia (Mark Voss Remix) - Blanka

Dance starts from vocal "Thing"

No tag / 1 restart

*Restart on W8 after 24C (restart facing 12:00)

SEC1:SYNCOPATED SIDE , ROCK R-L , FWD ROCK , RECOVER , COASTER STEP

- 1-2& Rock RF to R side (1) , recover on L (2) , step RF next to LF (&)
- 3-4& Rock LF to L side (3) , recover on R (4) , step LF next to RF (&)
- 5-6 Rock RF fwd(5) , recover on L (6)
- 7&8 Step RF back (7) ,step LF next to RF (&) , step RF fwd (8)

SEC2:FWD ROCK , RECOVER , ½ TURN L FWD SHUFFLE , STEP WITH SWAYS

- 1-2 Rock LF fwd (1) , recover on R (2)
- 3&4 ¼ turn L , step LF to L (3) , step RF next to LF (&) , ¼ turn L , step LF fwd (4) - (6:00)
- 5-8 Step RF to R with sway R-L-R-L

SEC3:CROSS, SIDE ,1/4 TURN R COASTER STEP , FWD L , ½ TURN L BACK ,COASTER STEP

- 1-2 Cross RF over LF(1) , step LF to L side (2)
- 3&4 ¼ turn R , step RF back (3), step LF next to RF (&), step RF fwd (4) - (9:00)
- 5-6 Step LF fwd (5) , ½ turn L , step RF back with sweep (6)
- 7&8 Step LF back (7), step RF next to LF (&) , step LF fwd (8) - (3:00)

*Restart on W8 after 24C , facing 12:00

SEC4:BOTAFOGO R-L , DOROTHY STEP R-L

- 1&2 Cross RF over LF (1),step LF to L (&) ,recover RF on R (2)
- 3&4 Cross LF over RF (3) , step RF to R (&) , recover LF on L (4)
- 5-6& Step RF diagonally fwd R (5) , lock LF behind RF (6) , step RF fwd (&)
- 7-8& Step LF diagonally fwd L (7) , lock RF behind LF (8) , step LF fwd (&)

Have fun and happy dancing!

Last Update: 24 Jun 2024