# Carry You Home



拍数: 96 墙数: 2 级数: Intermediate waltz

编舞者: Fred Whitehouse (IRE) - April 2016

音乐: Carry You Home (feat. Chaley Rose) - Nashville Cast: (Album: The Music Of

Nashville)



#### Intro – 24 Counts or 14 seconds from start of track

1,2,3 Walk forward R, hold 4,5,6 Walk forward L, hold

## [7-12] Chase turn L, step back, sweep over 2 counts

1,2,3 Step R forward, pivot ½ turn Left stepping forward L, ½ turn L stepping R back (12.00)

4,5,6 Step L back, sweep R from front to back over 2 counts

## [13-18] Weave L, step L as you sway L

1,2,3 Step R behind L, step L to L, cross R over L, 4,5,6 step L to L, sway body to L over 2 counts

## [19-24] Sway body to R & prep, rolling turn R over the L shoulder

1,2,3 Sway body to R over 3 counts placing weight on R (angle body to diagonal to prep)

4,5,6 Cross L over R, ¼ turn L stepping R back, ½ turn L stepping L forward

## [25-30] 1/4 turn L, 1/4 turn, touch L next to R and curtsy

1,2,3 ½ turn L stepping R to R side (arms option: throw both hands forward and up) hold

4,5,6 Pivot ¼ turn R touching L beside R, soften knees into a curtsy (weight stays on R) facing

3.00

#### [31-36] Travelling basic L making full turn & 1/4 over L shoulder

1,2,3 ¼ turn L stepping L forward, ¼ turn L stepping R to R side, ¼ turn L stepping L back (6.00)

4,5,6 Step R back, ¼ turn L stepping L to L side, ¼ turn L stepping R forward (12.00)

## [37-42] Step point, hold, back point, hold

1,2,3 Step L forward, point R to R side, hold 4,5,6 Step R back, point L to L side, hold

## [43-48] Step L forward, ¼ turn L sweeping R, ½ turn weave

1,2,3 Step L forward, ¼ turn L sweeping R from back to Front over 2 counts (weight stays on L)

4,5,6 Cross R over L, ¼ turn R stepping L back, ¼ turn R stepping R side

## [49-54] Cross lounge, hold, 1/8 turn R with a look (or full turn sweep squaring up to 6.00)

1,2,3 1/8 turn R crossing L over R, hold for 2 counts (arms option: throw R arm from back to front

over 2 counts)

4,5,6 Pivot 1/8 turn R keeping weight on L as you look to opposite diagonal (7.30) hold for 2 counts

(On this movement you can use right foot to pivot your body this 1/8 turn as you keep all weight on L, very small movement)

Also another option if you want to make it more advanced make full turn R keeping weight on L sweeping R from front to back squaring up to 6.00

## [55-60] Back twinkle on R, back twinkle on L

1,2,3 Step R back, rock L to L side, recover weight on to R

4,5,6 Step L back, rock R to R side, recover weight on to L (you should use 6.00 wall to keep you

square for these 6 counts)

# \* Restart here on wall 3 \*

## [61-66] Touch behind, hold, Full turn unwind R keep weight on L

- 1,2,3 Touch R behind L, throw R hand from bottom, pushing it outward and up to the top over 2 counts (option with no arm is to hold for 2 counts)
- 4,5,6 Take R hand placing it on to L shoulder, unwind full turn R keeping weight on L over 2 counts (6.00)

## [67-72] Forward twinkle on R, step sweep

- 1,2,3 Step R over L, Rock L to L side, step R forward
- 4,5,6 Step L over R, sweep R from back to front over 2 counts

#### [73-78] Forward twinkle on R, step sweep

- 1,2,3 Step R over L, Rock L to L side, step R forward
- 4,5,6 Step L over R, sweep R from back to front over 2 counts (facing diagonal 4.30)

## [79-84] Check step on R, check step on L

1,2,3 Rock R forward diagonal, recover on to L, close R next to L 4,5,6 Rock L forward diagonal, recover on to R, close L next to R

#### [85-90] ½ turn basic diamond fall away

- 1,2,3 Step R forward diagonal, step L to L side 1/8 turn R, step R behind L diagonal 1/8 turn R (7.30)
- 4,5,6 Step L back, step R to R side 1/8 turn R, cross L over R 1/8 turn R (10.30)

## [91-96] ½ turn basic diamond fall away

- 1,2,3 Step R forward diagonal, step L to L side 1/8 turn R, step R behind L diagonal 1/8 turn R (1.30)
- 4,5,6 Step L back, step R to R side 1/8 turn R (3.00) make 1/4 turn R stepping L forward (6.00)

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