

I Will Carry You

拍数: 32 墙数: 4
编舞者: Kate Sala (UK) - November 2022
音乐: I Will Carry You - Ellie Holcomb

级数: Improver - NC style



No Tags. No restarts.
Start on lyrics.

Basic NC Right, Basic NC Left, Full Turn Right With Side Rock & Cross.

1 2 & Long step on R to right side. Small cross step on L behind R. Cross step R over L.
3 4 & Long step on L to left side. Small cross step on R behind L. Cross step L over R.
5 6 Turn 1/4 right stepping forward on R. Turn 1/2 right stepping back on L.
7 & 8 Turn 1/4 right with side rock on R to right side. Recover on to L. Cross step R over L. 12:00

Basic NC Left, Basic NC Right, 3/4 Turn Left, Coaster Step.

1 2 & Long step on L to left side. Small cross step on R behind L. Cross step L over R.
3 4 & Long step on R to right side. Small cross step on L behind R. Cross step R over L.
5 6 Turn 1/4 left stepping forward on L. Turn 1/2 left stepping back on R.
7 & 8 Step back on L. Step R next to L. Step forward on L. 3:00

Rock Forward, Recover, Turn 1/2 Right, Step 1/2 Turn Right Step, Cross Rock, Side Rock, Step Behind.

1 2 & Rock forward on R. Recover on to L. Turn 1/2 right stepping forward on R.
3 4 5 Step forward on L. Pivot 1/2 turn right, Step forward on L. 3:00
6 & Cross rock on R over L. Recover on to L.
7 & 8 Side rock on R to right side. Recover on to L. Cross step R behind L.

Side Rock, Recover, Together, Turn 1/4 Right, Step Forward, Rock Forward & Run Back, Turn 1/4 Left.

1 2 & Side rock on L to left side. Recover on to R. Step L next to R.
3 4 Turn 1/4 right stepping forward on R. Step forward on L. 6:00
5 & 6 Rock forward on to R. Recover on to L. Step back on R.
& 7 Small run back on L. Small run back on R.
8 Turn 1/4 left stepping L to left side. 3:00

Start Again Enjoy!

Ending: On the last count of the dance, don't make a 1/4 turn left but just step forward and put your arms out.

Dedicated to Mark as he loves this beautiful song!