

Cara Mia

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Russibell Seoh (KOR) - May 2024
音乐: Cara Mia - Blanka



Intro : 18 Counts

Tag: After Wall 6 , Tag 4 Counts (9:00)

1234 Clockwise Hip Roll For Four Counts

Restart : At Wall 4 . Dance to 16 Counts (3:00)

Sec1: Rock R Fwd , Recover On L , Together , Rock L Fwd , Recover on R , Together , R Back , As Soon As Sit Down Lifting Your Head & Look Up , Lower Your Head & Look Ahead , Flick L
As Soon As You Stand Up

1 2& Rock R Fwd , Recover On L . Close R Next To L
3 4& Rock L Fwd , Recover on R , Close L Next To R
5 6 R Back , As Soon As Sit Down Lifting Your Head & Look Up
7 8 Lower Your Head & Look Ahead , Flick L As Soon As You Stand Up

Sec2 : L Shuffle Fwd , R Shuffle Fwd , V Step

1&2 L Fwd , Lock R Behind L , L Fwd
3&4 R Fwd , Lock L Behind R , R Fwd
5 6 Step L To L Diagonal Fwd , Step R To R Diagonal Fwd
7 8 Step L Back , Close R Next To L

Restart : At Wall 4 , Dance To 16 Counts. For The 16th Count, Do A Change Step .
On The 16th Count , Touch R Next To L

Sec3 : Step L Fwd , Paddle 1/4 L Turn X 3 , Step R Fwd , Paddle 1/4 R Turn X2 , Step L Fwd

1234 Step L Fwd , 1/4 L Turn Point R To R Side X 3
5678 Step R Fwd , 1/4 R Turn Point L To L Side X2 , Step L Fwd

Sec4 : R L Samba Step , Hip Sway R L R L

1&2 Cross R Rock , R Side , Recover On L
3&4 Cross L Rock , L Side , Recover On R
5678 Hip Sway R L R L

Happy dancing ~~~