

Carry Out

拍數: 32 牆數: 4 級數: Improver
編舞者: Chris Sandoval (USA) & Cameron Stuart (USA) - October 2022
音樂: Carry Out (feat. Justin Timberlake) - Timbaland



INTRO: 32 COUNTS

[1-8]: V-STEP, R MAMBO STEP, STEP BACK L, STEP BACK R, SLIDE BACK L, TOUCH R

- 1&2& 1)Step diagonally right on R heel, &)Step diagonally Left on L heel, 2)Step in place on R, &)Step in place on L
3&4 3)Rock forward R, &) Recover weight onto L, 4) Step back on R
5-6 5)Step back on L, 6)Step back on R
7-8 7)Slide back on L , 8)drag R back into L

[9-16]: PUSH AND CROSS X2, R ROCK, RECOVER, 1/2 TRIPLE STEP

- 1&2 1)Rock Right on R, &)Recover on L, 2)Cross R over L
3&4 3)Rock Left on L, &)Recover on R, 4)Cross L over R
5-6 5)Rock forward on R, 6)Recover on L
7&8 7)Making a 1/4 turn over Right shoulder, step R to R side, &)Step L next to R, 8)Making another 1/4 turn over Right shoulder, step R forward

[17-24]: L KICK, R POINT, CROSS 1/4 SIDE, CROSS, SIDE, WEAVE

- 1&2 1)Kick L forward, &)Step L next to R, 2)Point R to R side
3&4 3)Cross R over L, &) ¼ turn right stepping back on L , 4)Step R to right side
5-6 5)Cross L over R, 6)Step R to R side
7&8 7)Step L behind R, &)Step R to R side, 8)Cross L over R

[25-32]: SIDE ROCK, RECOVER, 3/4 TRIPLE STEP, L FORWARD ROCK, RECOVER, 3/4 TRIPLE STEP

- 1-2 1)Rock R to R side, 2)Recover on L
3&4 3)Step back on R doing 1/2 turn, &)Step L next to R, 4)Step forward with R doing 1/4 turn
5-6 5)Rock forward on L, 6)Recover on R
7&8 7)Step back on L doing 1/2 turn, &)Step R next to L, 8)Step forward with L doing 1/4 turn
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