

# Carbonara

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Miriam Neumann (DE) - July 2025  
音樂: Carbonara - Spliff



TAG/RESTART: None

## SECTION 1 – RUMBA BOX WITH ¼ TURN RIGHT

- 1–2      Step right to right side, step left next to right
- 3–4      Step right forward, hold
- 5–6      Step left to left side, step right next to left
- 7–8      Step left back, hold ( ¼ turn right over 5-8)

## SECTION 2 – WEAVE & ½ PADDLE TURN WITH HIP CIRCLES

- 1–2      Step right to right side, cross left behind right
- 3–4      Step right to right side, cross left over right
- 5–6      Touch right ball diagonally forward, recover weight onto left turning ¼ left
- 7–8      Touch right ball diagonally forward again, recover weight onto left turning another ¼ left

→ Total ½ turn to the left

→ Let the hips circle loosely like a hula hoop – playful and relaxed.

## SECTION 3 – SIDE MAMBO CROSS WITH CLAPS (2x)

- 1–2      Rock right to right side, recover onto left
- 3–4      Cross right over left, Clap on 4
- 5–6      Rock left to left side, recover onto right
- 7–8      Cross left over right, Clap on 8

## SECTION 4 – STEP TOUCHES

- 1–2      Step right to right side, touch left next to right ( ¼ turn left over 1-2)
- 3–4      Step left to left side, touch left next to right ( ¼ turn left over 3-4)
- 5–6      Step right diagonally forward (right front), touch left next to right
- 7–8      Step left diagonally back, touch right next to left

## VARIATIONS & FORMATIONS

This dance can be performed in multiple formations and versions:

~1. Classic Line Dance (with ¼ turn in Section 1):

- Danced over 4 walls with consistent quarter turns to the right
- Best suited for standard line formations (rows or blocks)

~2. Circle Formation (without ¼ turn in Section 1):

- Danced in one large circle; the dancers rotate gradually to the right

– Alternatively, use a double circle:

- The outer circle faces inward, the inner circle faces outward (back to the center)
- Both circles travel in a clockwise direction

~3. Partner Interaction Options in Circle Formation:

- In Section 4 (Step Touches), dancers clap hands with their partner diagonally to the right
- In Section 1, the two Rumba Boxes can be danced around the person opposite you