Carlene



拍數: 40 牆數: 4 級數: Improver

編舞者: Roger Garman Jr. (USA) 音樂: Carlene - Phil Vassar



RIGHT SIDE SHUFFLE, CROSS ROCK, STEP, LEFT SIDE SHUFFLE, CROSS ROCK, STEP

1&2	Side shuffle to the right	(right, left, right	moving to the right side)

3 Cross left over right at a slight angle facing approx. 1:30

4 Recover (rock back) on right (weight change)

5&6 Side shuffle to the left (left, right, left moving to the left side)
7 Cross right over left at a slight angle facing approx. 10:30

8 Recover (rock back) on left (weight change)

RIGHT VINE, HEEL, HEEL SWITCHES, CLAP (LIKE IN THE TUSH PUSH)

9 Step right ball of foot to the right side

Step left ball of foot crossing behind the right, stepping to the right side

11 Step right ball of foot to the right side

12 Touch left heel forward & Step left foot beside right 13 Touch right heel forward & Step right foot beside left 14 Touch left heel forward & Step left foot beside right 15 Touch right heel forward 16 Hold and clap at chest level

STEP, PIVOT, KICK BALL CHANGE, (TWICE), ROCK, STEP

17 Step right foot in place

18 Pivot ¼ turn left transferring weight to left foot (facing 9:00)

19 Kick right foot forward

Step ball of right foot beside left
Step left foot beside right
Kick right foot forward

& Step ball of right foot beside left

22 Step left foot beside right

23 Rock step back on right foot (left foot comes off floor slightly)
24 Recover on left (step left foot in place) (weight transfer)

SHUFFLE, SHUFFLE, JAZZ SQUARE

25&26 Right shuffle forward (right, left, right)
27&28 Left shuffle forward (left, right, left)

29 Step right ball of foot forward and across front of left

30 Step left ball of foot back

31 Step right foot beside left and slightly forward (right heel does not pass left toes)

32 Step left foot beside right

RIGHT SIDE SHUFFLE, ROCK, STEP, LEFT SIDE SHUFFLE, ROCK, STEP

Side shuffle to the right (right, left, right moving to the right side)
Cross left behind right at a slight angle facing approx. 7:30

Recover (rock back) on right (weight change)

37&38 Side shuffle to the left (left, right, left moving to the left side)

- 39 Cross right behind left at a slight angle facing approx. 10:30
- 40 Recover (rock back) on left (weight change)

REPEAT