

CARA MIA

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Count: 32

Wall: 2

Level: beginner/intermediate

Choreographer: Frida Axelsson

Music: Cara Mia by Måns Zelmerlöf

STEP, STEP, LOCK STEPS, STEP ½ TURN LEFT, FULL TURN LEFT

- 1-2** Step forward right foot, step forward left foot
- 3&4&** Lock right foot behind left foot, step left foot forward, lock right foot behind left foot, step left foot forward
- 5-6** Step right foot forward, ½ turn left
- 7&8** Shuffle full turn left stepping left, right, left

RIGHT VINE WITH ¼ TURN LEFT AND KICK, LEFT VINE WITH KICK

- 9** Step right foot forward, turn ¼ left
- 10** Cross left foot behind right foot
- 11-12** Step right foot to the right, kick left foot forward
- 13-14** Step left foot to the left, cross right foot behind left foot
- 15-16** Step left foot to the left, kick right foot forward

CROSS BEHIND, RIGHT SHUFFLE ¼ TURN RIGHT, STEP ½ TURN RIGHT, LEFT SHUFFLE

- 17-18** Step right foot to the right, cross left foot behind right foot
- 19&20** Right shuffle with ¼ turn right
- 21-22** Step left foot forward, turn ½ turn right
- 23&24** Left shuffle forward

1 ½ TURN LEFT, JAZZ JUMP, LEFT FOOT SWEEP

- 25-28** Magically turn 1 ½ turn left on ball of left foot
- &29-30** Jump out with left foot, jump out with right foot, hold
- 31-32&** Sweep left foot forward, sweep left foot back, step left foot in place

REPEAT

TAG

After wall 1, 4 and 7

- 1-2** Step left foot forward
- 3-4** Touch right foot behind left foot, hold
- 5-8** Unwind full turn right over 4 counts
- 9-12** Kick left foot slowly forward over 4 counts
- 13-16** Step left foot beside right foot, hold for 3 counts

TAG

After wall 3 and 6

- 1-4** Continue sweeping left foot all way around right foot for 4 counts