

# Carry You

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**Count:** 64                      **Wall:** 4                      **Level:** Improver

**Choreographer:** Jonathan Williamson (UK) June 2013

**Music:** Carry You by Union J (122 bpm)

**Start Dance 16 counts (8 seconds) from beginning of track on word "...lonely"**

**Walk, Walk, Shuffle, Rock Recover, Coaster Step**

- 1-2            Walk forward right, left
- 3&4           Step forward right, step left besides right, step forward right
- 5-6           Rock forward left, recover weight back on right
- 7&8           Step back left, step right besides left, step forward left

**Rock Recover, Shuffle ½ Turn, Shuffle ½ Turn, Rock Recover**

- 1-2            Rock forward right, recover weight back on left
- 3&4½ turn right Stepping forward right, step left besides right, step forward right**
- 5&6½ turn right stepping back left, step right besides left, step back left**
- 7-8            Rock back right, recover weight forward on left

**Forward Rock, Side Rock, Sailor Step, Sailor Step**

- 1-2            Rock forward right, recover weight back on left
- 3-4            Rock right to right side, recover weight back on left
- 5&6            Step right behind left, step left to left side, step right to right side
- 7&8            Step left behind right, step right to right side, step left to left side

**Touch Back, ½ Turn, Shuffle, Walk, Walk, Kick Ball Change**

- 1-2            Step right toe back, ½ turn right (stepping weight on right foot)
- 3&4            Step forward left, step right besides left, step forward left
- 5-6            Walk forward right, left
- 7&8            Kick forward right, step right toe besides left, step forward left

**Side, Behind, ¼ turn shuffle, Rocking chair forward and back**

- 1-2            Step right to right side, step left behind right

**3&4<sup>1</sup>/<sub>4</sub> turn right stepping forward right, step left besides right, step forward right**

5-6 Rock forward left, recover weight back on right

7-8 Rock back left, recover weight forward on right

**Step, 1/4 turn, Cross shuffle, 1/4 turn, 1/4 turn, Cross shuffle**

1-2 Step forward left, 1/4 turn right

3&4 Cross left over right, step right to right side, cross left over right

**5-6<sup>1</sup>/<sub>4</sub> turn left stepping back left, 1/4 turn left stepping left to left side**

7&8 Cross right over left, step left to left side, cross right over left

**Side rock, recover, sailor 1/4 turn, rocking chair forward and back**

1-2 Rock forward left, recover weight back on right

**3&4<sup>1</sup>/<sub>4</sub> turn left stepping left behind right, step right to right side, step left besides right**

5-6 Rock forward right, recover weight back on left

7-8 Rock back right, recover weight forward on left

**Cross Rock, Step, Cross Rock, Step, Jazz Box, Step**

1&2 Cross right over left, recover weight on left, step right to right side

3&4 Cross left over right, recover weight back on right, step left to left side

5-6 Cross right over left, step back left

7-8 Step right to right side, step forward left