

Carry My Body Down

Phrased, 4 Wall, Intermediate

Choreographer: Josiane Bru (FR) Feb 2013

Choreographed to: Carry My Body Down by Nick 13, CD: Nick 13 (iTunes)

Sequence: AAAA, B, AAAA, B, A, Final

Start dancing on lyrics. 16 count intro

PART A

ROCK STEP RIGHT BACK, STEP LEFT LOCK, ½ TURN SHUFFLE LEFT FRONT RIGHT

- 1-2 Rock right back, recover to left
- 3&4 Step right forward, lock left behind right
- 5-6 Step left forward, turn ½ right (weight to right)
- 7&8 Step left forward, lock right behind left

POINT, TURN ½ RIGHT SIDE ROCK CROSS, SIDE ROCK, MAMBO

- 1-2 Touch right back, turn ½ right (weight to right)
- 3&4 Rock left side, recover to right, cross left over right
- 5-6 Rock right side, recover to left
- 7&8 Rock right forward, recover to left, step right together

POINT, TURN ½ LEFT, MAMBO CROSS, SIDE ROCK, COASTER STEP

- 1-2 Touch left back, turn ½ left (weight to left)
- 3&4 Rock right side, cross right over left
- 5-6 Rock left side, recover to right
- 7&8 Left coaster step

ROCK STEP RIGHT SAILOR ¼ TURN, TURN ½ RIGHT ANCHOR STEP

- 1-2 Rock right forward, recover to left
- 3&4 Right sailor step turning ¼ right
- 5-6 Step left forward, turn ½ right (weight to right)
- 7&8 Step left slightly back, step right in place, step left in place

PART B

RIGHT ROCK STEP, STEP LOCK STEP LEFT SIDE ROCK STEP, STEP LOCK STEP

- 1-2 Rock right back, recover to left
- 3&4 Step right forward, lock left behind right
- 5-6 Rock left forward, recover to right
- 7&8 Step left back, lock right over left

STEP, STEP, COASTER STEP, STEP, STEP, MAMBO

- 1-2 Step right back, step left back
- 3&4 Right coaster step
- 5-6 Step left forward, step right forward
- 7&8 Rock left forward, recover to right, step left together

SHUFFLE RIGHT SIDE ROCK CROSS, SIDE TURN ½ RIGHT SIDE ROCK CROSS

- 1-2 Rock right side, recover to left
- 3&4 Crossing chassé right-left-right
- 5-6 Step left side, turn ½ right and step right side
- 7&8 Step left side, cross left over right

SHUFFLE RIGHT SIDE ROCK CROSS, SIDE TURN ½ RIGHT CROSS SHUFFLE

- 1-2 Rock right side, recover to left
- 3&4 Crossing chassé right-left-right
- 5-6 Step left side, turn ½ right and step right side
- 7&8 Crossing chassé left-right-left

ENDING

- 1-4 Sway right, sway left, sway right, sway left
- 5&6 Right sailor step
- 7-8 Hold, stomp left forward