



Carry You – Jonathan Williamson (UK) – June 2013

64 count 4 wall Improver Dance.

Choreographed to: Carry You (122 bpm) by Union J

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&4	½ turn right Stepping forward right, step left besides right, step forward right
5&6	½ 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	¼ 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, ¼ turn, Cross shuffle, ¼ turn, ¼ turn, Cross shuffle

1-2	Step forward left, ¼ turn right
3&4	Cross left over right, step right to right side, cross left over right
5-6	¼ turn left stepping back left, ¼ 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 ¼ turn, rocking chair forward and back

1-2	Rock forward left, recover weight back on right
3&4	¼ 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