

# Feels Like Carolina



Count: 32

Wall: 2

Level: Intermediate

Choreographer: Darren Bailey (UK) - November 2020

Music: Carolina - Parmalee (Album: The Piano Sessions)

**Intro: 16 Counts.**

**Note: Clock numbers are the direction you should be facing after the step.**

**Step R, Touch, 1/4 turn L with Sweep, Cross, Side, Back Rock, Recover, Side L, 1/2 turn L, Cross.**

- 1-2 Step RF to R side, Touch LF next to RF
- 3-4& Make a 1/4 turn L and step forward on LF and sweep RF from back to front (9:00), Cross RF over LF, Step LF to L side
- 5-6 Rock back on RF, Recover onto LF,
- 7-8& Step RF to R side, Make a 1/2 turn L and step LF to L side (3:00), Cross RF over LF

**Restart here on Wall 6 (6:00)**

**When dancing the Restart you will need to make a slight alteration: After 8 counts face the back ready to start the dance again. (do NOT dance the & count as you need weight on LF)**

**Nightclub Basic to L (slow), Full turn and a 1/4 running turn to L, Step with Sweep, Cross, Side, Touch Back.**

- 1-2 Step LF to L side, Close RF next to LF,
- 3-&4& Cross LF over RF, Make a 1/4 turn L and step back on RF (12:00), Make a 1/2 turn L and step forward on LF (6:00), Make a 1/4 turn L and step forward on RF,
- 5-6 Make a 1/4 turn L and step forward on LF and sweep RF from back to front (12:00), Cross RF over LF
- 7-8 Step LF to L side, Touch RF back

**(Note:) Counts 3-5 should be danced as a curving step, making a circular movement to face the front.**

**Rock Back (with Look), Recover, Full turn L with Sweep, Cross, Side, 1/4 turn R, Sway x3 (R, L, R), Step, Out.**

- 1-2& Rock back on RF and look over R shoulder, Recover onto LF and look forward, make a 1/2 turn L and step back on RF (6:00)
- 3-4& Make a 1/2 turn L and step forward on RF sweeping RF from back to front (12:00), Cross RF over LF, Step LF to L side
- 5-6 Make a 1/4 turn R and step RF to R side (Sway to R) (3:00), Sway to LF
- 7-8& Sway to R (changing angle to 4:30), Step forward on LF, Step out on RF

**Out, Touch Behind (with body Collapse), Side, Rock, Recover, Side, Behind, Forward, 3/4 turn L**

- 1-2 Step out on LF (still facing 4:30), Touch RF behind LF (collapsing body slightly)
- 3-4& Take a big step to R with RF, Rock back on LF, Recover onto RF (turning slightly to face 6:00)
- 5-6& Take a big step to the L with LF, Cross RF behind LF, Make a 1/4 turn L and step forward on LF (3:00)
- 7-8 Step forward on RF, Make a 3/4 turn L taking weight onto LF (6:00)

**(If you find a 3/4 turn difficult you make make a 1/2 turn then add the extra 1/4 to start the dance)**

**Tag (after wall number 2, you will be facing 12:00) Sway R, Sway L, Slow Full turn R.**

- 1-2 Step RF to R side and sway to R, Sway to L
- 3-4 Make a 1/4 turn R and step forward on RF (3:00), Make a 1/2 turn R and step back on LF, (9:00),  
**To start the dance again make a 1/4 turn R to Face (12:00).**