

# CARA MIA

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**Count:** 48      **Wall:** 2      **Level:** beginner/intermediate

**Choreographer:** Peter Metelnick & Alison Biggs

**Music:** Cara Mia by Måns Zelmerlöf

**Start the dance around 11 seconds into the song when they sing "Whose gonna love you"**

**WEAVE LEFT 2, SYNCOPATED 3 STEP WEAVE LEFT, ¼ LEFT & LEFT FORWARD, RIGHT FORWARD, ½ LEFT TURN, ¼ LEFT & RIGHT TO SIDE**

- 1-2**      Cross step right over left, step left side
- 3&4**      Cross right behind, step left side, cross step right over left
- 5-8**      Turn ¼ left and step left forward, step right forward, turn ½ left (weight to left), turn ¼ left and step right to right side (12:00)

**LEFT CROSS ROCK & RECOVER, LEFT SIDE SHUFFLE, RIGHT CROSS STEP, LEFT SIDE, ¼ RIGHT & RIGHT TO SIDE, LEFT CROSS STEP**

- 1-2**      Cross rock left over right, recover weight on right
- 3&4**      Step left to side, step right together, step left side
- 5-8**      Cross step right over left, step left side, turn ¼ right and step right to side, cross step left over right

**RIGHT SIDE, ¼ LEFT & LEFT TO SIDE, RIGHT CROSS STEP, LEFT SIDE, RIGHT ROCK BACK & RECOVER ¼ LEFT & RIGHT BACK SHUFFLE**

- 1-4**      Step right to side, turn ¼ left and step left to side, cross step right over left, step left side (12:00)
- 5-6**      Rock back on right, recover weight on left
- 7&8**      Turn ¼ left and step right back, step left together, step right back

**½ LEFT & LEFT FORWARD, RIGHT FORWARD, ¼ LEFT TURN, RIGHT CROSS STEP, LEFT SIDE ROCK & RECOVER, ¼ LEFT TURN LEFT SHUFFLE BACK**

- 1-4**      Turn ½ left and step left forward, step right forward, turn ¼ left, cross step left over right (12:00)
- 5-6**      Rock left to side, recover weight on right
- 7&8**      Turn ¼ left and step left back, step right together, step left forward (9:00)

**RIGHT FORWARD & SIDE TOUCHES, RIGHT BALL STEP, RIGHT FORWARD, LEFT FORWARD & SIDE TOUCHES, LEFT BALL STEP, LEFT FORWARD**

- 1-2 Touch right forward, touch right side
- &3-4 Step right together, step left slightly forward, step right forward
- 5-6 Touch left forward, touch left side
- &7-8 Step left together, step right slightly forward, step left forward

**RIGHT FORWARD ROCK & RECOVER, RIGHT TOGETHER, LEFT HEEL FORWARD, LEFT TOGETHER, RIGHT TOE TOUCH TOGETHER, RIGHT SLIGHTLY BACK, LEFT HEEL FORWARD, HOLD, LEFT TOGETHER, RIGHT FORWARD, ¼ LEFT TURN**

- 1-2& Rock right forward, recover weight on left, step right together
- 3&4& Touch left heel forward, step left together, touch right toes together, step right slightly back
- 5-6& Touch left heel forward, hold, step left together
- 7-8 Step right forward, turn ¼ left (weight to left) (6:00)

**REPEAT**

**TAG**

**After every 2 walls dance the following: (you will be facing the front wall when you start and finish the tag)**

**RIGHT CROSS ROCK & RECOVER, RIGHT TOGETHER, LEFT CROSS ROCK & RECOVER, LEFT TOGETHER, RIGHT FORWARD, ½ LEFT TURN, WALK FORWARD RIGHT & LEFT**

- 1-2& Cross rock right over left, recover weight on left, step right together
- 3-4& Cross rock left over right, recover weight on right, step left together
- 5-8 Step right forward, turn ½ left (weight to left), walk forward right, walk forward left

**Or do a full left turn forward**

**REPEAT ABOVE 8 COUNTS, RIGHT JAZZ BOX**

- 1-8 Repeat above 8 counts
- 9-12 Cross right over left, step left back, step right side, step left together