

# CARDIO JIVE

**Choreographer:** Ike & Virginia Po

**Count:** 32

**Wall:** 4

**Level:** Easy Intermediate

**Music:** "Every Little Thing" by Carlene Carter



[www.country-stafke.be](http://www.country-stafke.be)

## **TOE, HEEL TOUCH, CROSS STEP, TOE, HEEL TOUCH, CROSS STEP, ROCK RECOVER**

- 1-3 Touch R toe to L instep, touch R heel to side, cross step R over L
- 4-6 Touch L toe to R instep, touch L heel to side, cross step L over R
- 7-8 Rock R back, recover L forward

## **LINDY SHUFFLE, ROCK RECOVER, ½ TURN SHUFFLE, ROCK RECOVER**

- 1&2 Step R to side, step L next to R, step R to side
- 3-4 Rock L back, recover R forward
- 5&6 ½ turn R step L back, step R back, step L next to R
- 7-8 Rock R back, recover L forward

## **BOOGIE WALK, SHUFFLE, SHUFFLE FORWARD**

- 1-4 Walk R L R L forward with knee slightly bent, body leaned backward & toes pointed out  
*(Style - Open hands at waist level with palms facing forward, spread fingers while shaking hands)*
- 5&6 Step R forward, step L next to R, step R forward
- 7&8 Step L forward, step R next to L, step L forward

## **KICK, KICK, SAILOR STEP, KICK, KICK SAILOR STEP WITH ¼ TURN L**

- 1-2 Kick R forward & side
- 3&4 Step R behind L, step L next to R, step R to side
- 5-6 Kick L forward & side
- 7&8 Step L behind R, step R next to L, ¼ turn L step L to side

## **Repeat**

**TAG:** *At the end of the 4th & 8th wall (facing 12 o'clock) add jazz box*

## **JAZZ BOX**

- 1-4 Cross R over L, step L back, step R to side, step L next to R