

My Sweet Caroline

Count: 32

Wall: 4

Level: Improver

Choreographer: Yanti TanNjoek (INA) - August 2026

Music: Sweet Caroline - Country Folk Polonaise Dance | Saddle Radio



1 Restart 1 Tag

Restart on Wall 5 after Sec 1

Tag 36c After Wall 9

INTRO DANCE 40c

SEC i1 : FORWARD SHUFFLE - BACKWARD SHUFFLE

1&23&4 step RF forward, step LF beside RF, step RF forward, step LF forward, step RF beside LF, step LF forward

5&67&8 step RF backward, step LF beside RF, step RF backward, step LF backward, step RF beside LF, step LF backward

SEC i2 : FORWARD SHUFFLE TURN 1/2 RIGHT

1&23&4 step RF forward, step LF beside RF, step RF forward, turn 1/4 right step LF forward, step RF beside LF, step LF forward (03:00)

5&67&8 step RF forward, step LF beside RF, step RF forward, turn 1/4 right step LF forward, step RF beside LF, step LF forward (06:00)

SEC i3 : REPEAT SEC 1

SEC i4 : REPEAT SEC 3

SEC i5 : SIDE SACHEE - TURN 1/2 RIGHT SIDE SACHEE (R&L)

123&4 step RF to side, step LF beside RF, step RF to side, turn 1/2 right step LF to side, step RF beside LF, step LF to side

567&8 step RF to side, step LF beside RF, step RF to side, turn 1/2 right step LF to side, step RF beside LF, step LF to side

MAIN DANCE

SEC 1 : FORWARD TOUCH - HEEL - COASTER STEP (RNL)

123&4 touch RF forward, heel, step RF backward, step LF beside RF, step RF forward

567&8 touch LF forward, heel, step LF backward, step RF beside LF, step LF forward

Restart happens here after wall 5

SEC 2 : STOMP R - HOLD - STOMP L - HOLD - FORWARD SHUFFLE R&L

1234 RF stomp right, hold, LF stomp Left, hold

5&67&8 step RF forward, step LF beside RF, step RF forward, step LF forward, step RF beside LF, step LF forward

SEC 3 : 1/4 RIGHT HEEL GRIND - SIDE SACHEE - 1/4 LEFT HEEL GRIND - SIDE SACHEE

123&4 Touch right heel forward, turn 1/4 right grinding heel step LF back, step RF to side, step LF beside RF, step RF to side (3:00)

567&8 touch left heel forward, turn 1/4 left grinding heel step RF back, step LF to side, step RF beside LF, step LF to side (12:00)

SEC 4 : JAZBOXX TURN 1/4 RIGHT - V STEP

1234 cross RF over LF, step LF back, turn 1/4 right step RF to side, cross LF over RF

5678 step RF forward diagonally, step LF forward diagonally, step RF back to centre, step LF beside RF

TAG: 36c happens after Wall 9

SEC 1 : FORWARD SHUFFLE - BACKWARD SHUFFLE

1&23&4 step RF forward, step LF beside RF, step RF forward, step LF forward, step RF beside LF,
step LF forward

5&67&8 step RF backward, step LF beside RF, step RF backward, step LF backward, step RF beside
LF, step LF backward

SEC 2 : FORWARD SHUFFLE TURN 1/2 RIGHT

1&23&4 step RF forward, step LF beside RF, step RF forward, turn 1/4 right step LF forward, step RF
beside LF, step LF forward (03:00)

5&67&8 step RF forward, step LF beside RF, step RF forward, turn 1/4 right step LF forward, step RF
beside LF, step LF forward (06:00)

SEC 3 : REPEAT SEC 1

SEC 4 : REPEAT SEC 3

SEC 5 : VSTEP

1234 step RF forward diagonally, step LF forward diagonally, step RF back to centre, step LF
beside RF

The tag and intro dance movements are the same from sections 1 through 4; only section 5 is different.

Happy Dance

Regards,

Yanti TanNjoek
