

Carmelita AB

Count: 32

Wall: 1

Level: Absolute Beginner

Choreographer: Montse Bou (ES) - September 2026

Music: Carmelita - DJ Jack ft Victor Wood

or: Carmelita (Remix Victor Wood -Dj John Paul Remix)



R ROCK-CROSS, CHASSE R, L ROCK-CROSS, CHASSE L

- 1-2 Step R across L, Recover back on L
3&4 Step R to R, Step-close L to R, Step R to R
5-6 Step L across R, Recover back on R
7&8 Step L to L, Step-close R to L, Step L to L

(Figure 4s)

KICK R ACROSS, HOOK R INFRONT (4FIGURE), CHASSE R, KICK L ACROSS, HOOK L INFRONT (4FIGURE), CHASSE L,

- 9-10 Kick R foot over (diagonally L), Hook R Knee across L left shin (diagonally R) [weight on L leg]
11&12 Step R to R, Step-close L to R, Step R to R
13-14 Kick L foot over (diagonally R), Hook L Knee across R left shin (diagonally L) [weight on R leg]
15&16 Step L to L, Step-close R to L, Step L to L

• **Easier Option:**

ROCK SIDE, RECOVER, TRIPLE STEP IN PLACE (R – L)

- 9-10 Rock R to side, Recover on L,
11&12 Step RLR in place
13-14 Rock L to side, Recover on R,
15&16 Step LRL in place

R TOE+HIP BUMP; L HIP BUMP;

- 17-18 Touch R Toe forward and Bump R hip, Step down R Heel
19-20 Touch L Toe forward and Bump L hip, Step down L Heel

R ROCK FORWARD , SHUFFLE BACK RLR, L ROCK BACK, SHUFFLE FORWARD LRL

- 21-22 Step R forward, Recover back on L
23&24 Shuffle backwards (R,L,R)
25-26 Step L back, Recover back on R
27&28 Shuffle forwards (L,R,L)

STEP: OUT, OUT, IN, IN

- 29-30 Step R out to R side (small step), step L to L side (small step): "out-out"
31-32 Step R to center (home), step L next to R: "in-in"

Start Again!

Tag: At the End of wall 7th, STOP during 4 counts, and start again.