

Can't Sit Still

Compte: 32

Mur: 4

Niveau: Intermediate

Chorégraphe: Larry Bass (USA)

Musique: Bad Thang (Public Dance Mix) - Scooter Lee



FORWARD SHUFFLE, STEP PIVOT; FORWARD SHUFFLE, STEP PIVOT

- 1&2 Shuffle forward left, right, left
- 3-4 Step right foot forward; pivot ½ turn left onto left foot
- 5&6 Shuffle forward right, left, right
- 7-8 Step left foot forward; pivot ½ turn right onto right foot

ROCK STEP & ROCK STEP; & ROCK STEP, TURNING SHUFFLE

- 9-10 Step left foot forward; rock back onto right foot
- & Step left foot beside right
- 11-12 Step right foot forward; rock back onto left foot
- & Step right foot beside left
- 13-14 Step left foot forward; rock back onto right foot
- 15&16 Shuffle left, right, left while turning ½ turn left

CROSSOVER SHUFFLE, SIDE SHUFFLE WITH ¼ TURN; STEP ¾ TURN, SIDE SHUFFLE

- 17 With body angled slightly left, cross step right foot over left
- &18 Step left foot slightly to left, cross step right foot over left
- 19&20 Shuffle left, right, left to left turning ¼ turn left on last step
- 21 Step right foot forward
- 22 Pivot ¾ turn left onto left foot
- 23&24 Shuffle right, left, right to right

CROSSOVER SHUFFLE, SIDE SHUFFLE WITH ¼ TURN; STEP PIVOT, FULL ROLLING TURN

- 25 With body angled slightly right, cross step left foot over right
 - &26 Step right foot slightly to right, cross step left foot over right
 - 27&28 Shuffle right, left, right to right turning ¼ turn right on last step
 - 29 Step left foot forward
 - 30 Pivot ½ turn right onto right foot
 - 31 Moving forward, turn ½ turn right while stepping left foot back
 - 32 Turn ½ turn right while stepping right foot forward
- 31-32 variation: walk forward left, right**

REPEAT
