

Can't Stop (Thinking About You) (zh)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Francien Sittrop (NL) - 2010年10月
音乐: Can't Stop Thinking About You - Boyzone : (CD: Back Again No Matter What)



前奏 : Intro: After 32 Counts , On Vocals .

第一段 Cross Rock, Recover, Together, Cross Rock, Recover, Coaster Step, Step Fwd, Pivot ½ Turn L

- 1-2& Rock R across L, Recover on L, Step R next to L
右足於左足前交叉下沉, 左足回復, 右足併踏
- 3-4 Rock L across R, Recover on R 左足於右足前交叉下沉, 右足回復
- 5&6 Step L Back, Step next to L, Step L fwd
左足後踏, 右足併踏, 左足前踏
- 7-8 Step R fwd, ½ Turn L (6.00) 右足前踏, 左轉180度(面向6點鐘)

第二段 Step Fwd, ½ Turn R, ¼ Turn R Into Side Shuffle, Cross, Side, Sailor ¼ Turn L

- 1-2 Step R fwd, ½ Turn R Step L back (12.00)
右足前踏, 右轉180度左足後踏(面向12點鐘)
- 3&4 ¼ Turn R step R to R side, Step L next to R, Step R to R side (3.00)
右轉90度右足右踏, 左足併踏, 右足右踏(面向3點鐘)
- 5-6 Step L across R, Step R to R side 左足於右足前交叉踏, 右足右踏
- 7&8 Sweep L behind R with ¼ Turn L, Step R next to L, Step L fwd (12.00)
左足繞至右足後踏左轉90度, 右足併踏, 左足前踏(面向12點鐘)

第三段 Step Fwd & Sweep - Hook X2, Rock, Recover, Coaster Step

- 1&2 Step R fwd and Sweep L fwd, Hook L across R and Low kick fwd
右足前踏左足繞向前, 左足於右足前勾略前踢
- 3&4 Step L fwd and Sweep R fwd, Hook R across L and Low kick fwd
左足踏右足繞向前, 右足於左足前勾略前踢
- 5-6 Rock R fwd, Recover on L 右足前下沉, 左足回復
- 7&8 Step R back, Step L next to R, Step R fwd
右足後踏, 左足併踏, 右足前踏

第四段 Step Fwd, Pivot ¼ Turn R, Cross Shuffle, ½ Turn L, 2 Walks Fwd

- 1-2 Step L fwd, ¼ Turn R (3.00) 左足前踏, 右轉90度(面向3點鐘)
- 3&4 Step L across R, Step R to R side, Step L across R
左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏
- 5-6 ¼ L step R back, ¼ L step to L side (9.00)
左轉90度右足後踏, 左轉90度左足左踏(面向9點鐘)
- 7-8 Walk Fwd R,L 右足前走, 左足前走

(**** RESTART wall 2) 第二面牆跳至此, 從頭起跳

第五段 Side Rock, Recover, Touch Back, ½ Turn R On Ball Of L With R Hook, Step Fwd, Lock, Lock Step Fwd

- 1-2 Rock R to the R side, Recover on L 右足右下沉, 左足回復
- 3-4 Touch R back, ½ Turn R on ball of L and Hook R across L (3.00)
右足後點, 右轉180度右足於左足前交叉勾(面向3點鐘)
- 5-6 Step R fwd, Lock L behind R 右足前踏, 左足於右足後鎖踏
- 7&8 Step R fwd, Lock L behind R, Step R fwd
右足前踏, 左足於右足後鎖踏, 右足前踏

第六段 Jazz Box ¼ Turn L, Monterey ½ Turn L, Touch Side, Touch Next To L

- 1-2 Step L across R, Step R back 左足於右足前交叉踏, 右足後踏
- 3-4 ¼ Turn L step L to L side, Step R across L (12.00)
左轉90度左足左踏, 右足於左足前交叉踏(面向12點鐘)
- 5-6 Touch L to L side, Monterey ½ Turn L step L next to R (6.00)
左足左點, 左轉180度左足併踏(面向6點鐘)
- 7-8 Touch R to R side, Touch R next to L 右足右點, 右足併點

第七段 Diag. Fwd, Step Fwd, Pivot ½ Turn R, Step Fwd, Shuffle Fwd, Step Fwd, 3/8 Turn R

- 1-2 Step R diagonally fwd, Step L fwd (7.30)
右足斜角前踏, 左足前踏(面向7:30)
- 3-4 ½ Turn R, Step L diag. fwd (1.30)
右轉180度, 左足斜角前踏(面向1:30)
- 5&6 Shuffle Diag. fwd, R,L,R 斜前交換-右, 左, 右
- 7-8 Step L fwd. make 3/8 turn R (9.00)
左足前踏, 右轉135度(面向9點鐘)

第八段 Step L, Drag R, Ball Cross, R Touch, Cross, Full Turn L

- 1-2 Step L big step to L side, Drag R to L 左足左一大步, 右足拖併
- &3-4 Step R next to L, Step L across R, Touch R to R side
右足併踏, 左足於右足前交叉踏, 右足右點
- 5 Step R across L 右足於左足交叉踏
- 6-8 Full Turn L (Keep weight on L) (9.00)
三拍左轉圈(重心在左足)(面向9點鐘)

ENDING: Last wall ends with Full Turn. Add ¼ Turn More to the turn to face the front wall again 結束：最後一面牆在轉圈時, 多做轉90度面向前面牆做結束
