

Can't Say No

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Pat Stott (UK) - September 2014
音乐: Can't Say No - Dan + Shay : (CD: Where It All Began)



Intro: 16 counts (approx 8 seconds)

Diagonal sway, recover, diagonal shuffle, diagonal sway, recover, diagonal shuffle forward

1, 2, 3& 4 . Diagonal to right - sway fwd on right, recover on left, shuffle to right diagonal
5, 6, 7&8 . Diagonal to left, sway fwd on left, recover on right, shuffle to left diagonal

Rock, recover, sweep and sailor 1/2 right, cross, rock, chasse 1/4 left

1-2 . Rock forward on right, recover
3&4 . Sweep right round into a 1/2 sailor step right
5-6 . Cross left over right, recover
7&8 . Chasse 1/4 left

***Restart here during wall 2 (don't turn chasse 1/4 left, keep facing 12 o'clock)**

Mambo forward, mambo back, side mambo, side mambo

1&2 . Right mambo forward
3&4 . Left mambo back
5&6 . Side mambo right
7&8 . Side mambo left

Heel switches, rock forward, recover, heel switches, rock forward recover

1&2 . Right heel forward, close right to left, left heel forward
&3,4 . Close left to right, rock forward on right, recover
&5&6 . Close right to left, Left heel forward, close left to right, right heel forward
&7,8 . Close right to left, rock forward on left, recover

Shuffle back, reverse 1/2 pivot, rock forward, recover, coaster step

1&2 . Shuffle back LRL
3-4 . Reverse 1/2 pivot right
5-6 . Rock forward on left, recover
7&8 . Coaster step (LRL)

Step, 1/4 pivot left, cross shuffle, rock, recover, behind, side, cross

1-2 . Step forward on right, 1/4 pivot left
3&4 . Cross shuffle (RLR)
5-6 . Rock left to left, recover on right
7&8 . Cross left behind right, right to right, cross left over right

Turning hip bumps

1&2 . Hips bumps RLR (punching arms down RLR)
& 3&4 . Hitch and turn 1/4 left, bump hips LRL (punching arms down LRL)
&5&6 . Hitch and turn 1/4 left, bump hips RLR (punching arms down RLR)
&7&8 . Hitch and turn 1/4 left, Hip bumps LRL (punching arms LRL)

Cross, recover, chasse right, cross, 3/4 turn right, rock back, recover

1-2 . Cross right over left, recover
3&4 . Chasse right
5-6 . Cross left over right, turn 3/4 right keeping weight on left
7-8 . Rock back on right, recover on left

Restart: after section 2 – wall 2
Don't turn the chasse 1/4 left stay facing 12 o'clock

End of music
After section 8

1-2 . Turn 1/2 left stepping right to right, hold

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