Can't Feel My Face



拍数: 48 编数: 4 级数: High Intermediate 编舞者: Maddison Glover (AUS) & Rachael McEnaney (USA) - July 2015

音乐: Can't Feel My Face - The Weeknd: (Album: Beauty Behind The Madness,

iTunes and all major mp3 websites, approx 3.36 mins)



Count In: 16 counts from start of track, dance begins on vocals "(and I) KNOW she'll be". Approx 108bpm Notes: 1 Tag on 6th wall (after count 32). 6th wall begins facing 9.00 and Restart facing the front.

[1 – 8] R kick, F 1 & 2 3 & 4 &567&8	R close, L point, L behind, ¼ R, L fwd, R ball, L rock fwd, L coaster step Kick R forward (1), step R next to L (&), touch L to left side (2) 12.00 Cross L behind R (3), make ¼ turn right stepping forward R (&), step forward L (4) 3.00 Step ball of R next to L (&), rock forward L (5), recover weight R (6), step back L (7), step R next to L (&), step forward L (8) 3.00	
[9 – 16] Dorothy (wizard of oz) steps R and L, ½ turn R doing 4 walks (R-L-R-L)		
12&	Step R to right diagonal (1), lock L behind R (2), step R to right diagonal (&) 3.00	
3 4 &	Step L to left diagonal (3), lock R behind L (4), step L to left diagonal (&) 3.00	
(Think of counts 5-8 as 4 walks making a ½ turn right, they are strong/sassy steps)		
5 6	Step R to right diagonal (body now facing 1.30) (5), make 1/8 turn right stepping forward L (6) 6.00	
7 8	Make 1/8 turn right stepping forward R (7), make 1/8 turn right stepping forward L (8) 9.00	
[17 – 24] R rocking chair, R shuffle, ¼ turn R stepping side L, R close, L cross, ¼ turn L, ½ turn L		
1 & 2 &	Rock forward R (1), recover weight L (&), rock back R (2), recover weight L (&) 9.00	
3 & 4	Step forward R (3), step L next to R (&), step forward R (4) 9.00	
& 5 6	Make ¼ turn right stepping L to left side (&), step R next to L (5), cross L over R (6) 12.00	
7 8	Make ¼ turn left stepping back R (7), make ½ turn left stepping forward L (8)	
(The next step is to make another ¼ turn left stepping side R, from a teaching point of view we always add		
that count when teaching this set of 8) 3.00		

[25 – 32] ¼ L with R hip circle, touch L, side L with hip circle, ¼ turn R kick ball step, R fwd, L mambo		
1 2	Make ¼ turn left stepping R to right side as you do a hip circle counter (anti) clockwise (1), touch L to left side (L knee is bent and body is angled to L diagonal) (2) 12.00	
3	Step in place on L as you do a hip circle clockwise and begin making ¼ turn right (body facing R diagonal 1.30) (3), 1.30	
4 & 5	Complete $\frac{1}{4}$ turn right as you kick R forward (4), step in place on ball of R (&), step forward L (5) 3.00	
67&8	Step forward R (6), rock forward L (7), recover weight R (&), step back L (8) 3.00	

TAG: On the 6th wall do the following 4 count Tag then RESTART. (6th wall begins facing 9.00, you will be facing 12.00 for the tag & restart) Step back R on right diagonal (1), touch L next to R (2), step back L on left diagonal (3), touch R next to L (4) 12.00

[33-40] R back (optional "C hip") L touch & snap, L fwd, ½ L, ¼ L behind, R side, L cross, hold, R ball, L cross

1 2	Easy option: Step back R (1), touch L toe forward as you snap fingers to the right side (2)
1&2	Styling option: Hitch R knee slightly as you bump R hip up (1), step back on R as you bump hips left (&), bump hips right (knees slightly bent) as you snap fingers to the right side (2) 4.30
3 4	Step forward L (3), make ½ turn left stepping back R (release L leg into a sweep) (4), 9.00
5 & 6	Make ¼ turn left as you cross L behind R (5), step R to right side (&), cross L over R (6) 6.00
7 & 8	Hold (7), step ball of R to right side (&), cross L over R (8) 6.00

[41 – 48] R side rock, R behind, L side, R cross, L side rock, L behind, ¼ R, L fwd

1 2 3&4 Rock R to right (1), recover weight L (2), cross R behind L (3), step L to left side (&), cross R

over L (4) 6.00

Fock L to left (5), recover weight R (6), cross L behind R (7), Make ¼ turn right stepping

forward R (&), step forward L (8) 9.00

END The dance finishes after count 32 (L mambo). Step back R and throw hands in the air saying "Hey" for a nice finish. 12.00

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