

Can't Feel My Face

COPPER KNOB
STEP SHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Donna Manning (USA) - August 2015
音乐: Can't Feel My Face - The Weeknd



Start on the lyric...."know" And I know.....quick start

Sec. 1: □□ Walk 2X, Triple, Rock, Recover, Walk Back 2X

1,2,3&4 Walk fwd R-L, step R fwd, close L instep to R heel, step R fwd
5,6,7&8 Rock L fwd, recover to R, walk back L-R (12:00)

Sec. 2: □□ Step Back, Touch, Step - Touch (3x)

1,2,3,4 Step L back, touch R in front leaning back on L, step down on R, touch L next to R
5,6,7,8 ¼ turn R step L to L side, touch R next to L, ¼ turn R step R fwd, touch L next to R (6:00)

TAG: 3rd time you start at 12:00 – will happen facing 6:00 – then Restart there

1,2,3,4 Step to L into a sway L,R,L, touch R next to L on count 4

Sec. 3: □□ Hip Bumps, Body Roll, ¼ turn Hip circle

1-2,3-4 Step L fwd bumping hips fwd twice, sway back on R bumping hips back twice
5,6 Top to bottom body roll or sway hips fwd, back
7-8 ¼ turn clockwise (R) using a small hip circle taking weight to L □ (9:00)

Sec. 4: □□ Walk 2X, Knee Lift, Step Back, Side, Cross, Lift, Drop

1-2,3,4 Walk to diagonal (10:30) R-L, Lift R knee with a slight tummy crunch, Step R back
5,6,7,8 Step L to L side, cross R over L, lift L knee with a slight tummy crunch, Step L back bending
L knee straightening R leg leaving heel on the ground (attitude) □ (9:00)

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format and include all contact details on this script.

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