

Can't Sleep

拍数: 32 墙数: 4 级数: Improver
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音乐: Can't Sleep Love - Pentatonix : (iTunes, amazon)



Intro: 16 count

Section 1: □ TOUCH OUT, IN, SIDE, BACK ROCK, RECOVER, SIDE, BEHIND & CROSS, UNWIND, SIDE ROCK, RECOVER

1&2 Touch Right to Right side, touch Right beside Left, make large step to Right side
3&4 Rock back on Left, recover onto Right, step Left to Left side
5&6 Step Right behind Left, step Left to Left side, cross Right over Left
7,8& Unwind a full turn Left (weight on Left), rock Right to Right side, recover onto Left

Section 2: □ ROCK, RECOVER, & LEFT ROCKING CHAIR, STEP LEFT, ½ TURN LEFT, COASTER STEP

1,2& Cross rock Right over Left to Left diagonal, recover onto Left, step Right to Right side (10.30)
3&4& Cross rock Left over Right to Right diagonal, recover onto Right, rock back on Left, recover onto Right (1.30)
5,6 Step forward on Left, make ½ turn Left stepping back on Right (7.30)
7&8 Step back Left, step Right beside Left, step forward on Left

Section 3: □ BALL ROCK, RECOVER, LEFT LOCK STEP BACK, TOUCH BACK, ½ TURN, STEP, ½ TURN RIGHT, STEP

&1,2 Step Right beside Left, rock forward on Left, recover onto Right
3&4 Step back on Left, lock Right over Left, step back on Left (7.30)
5,6 Touch Right toe back, make ½ turn Right stepping onto Right (1.30)
7&8 Step forward on Left, make ½ turn Right stepping onto Right, step forward Left (7.30)

Section 4: WALK RIGHT, WALK LEFT, RUN RIGHT, LEFT, RIGHT, ROCK, RECOVER, LEFT COASTER CROSS

1,2 Walk forward on Right, walk forward on Left straightening up to 6.00
3&4 Make ¼ turn Left Running Right, Left, Right
5,6 Rock forward on Left, recover onto Right
7&8 Step back on Left, step Right beside Left, cross step Left over Right

START OVER

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