

Can't Sleep Love

COPPER KNOB
STEPSHEETS

拍数: 96 墙数: 1 级数: Phrased Intermediate
编舞者: Tony Koidla (EST) - November 2015
音乐: Can't Sleep Love - Pentatonix



Start with lyrics. Pattern of dance ABC,ABC,BC

Part A – 32 counts

A[1 – 8] Out-out-in-in, ½ L step ,fwd, ½ L, fwd, L side rock with press, recover

1&2& L fwd left diagonal (1) R fwd right diagonal (&) L back to center (2) R back together (&)
3,4,5 turn ½ left step L fwd (3) R fwd (4) turn ½ left (5)
6,7,8 R fwd (6) rock L left with press (7) recover R(8)

A[9 -16] Behind-1/4 R step-fwd, mambo, back, coaster step, fwd, ½ L

1&2 L behind R (1) turn ¼ right R fwd (&) L fwd (2)
3&4 rock R fwd (3) recover L (&) R back (4)
5&6,7,8 L back (5) R beside L (&) L fwd (6) R fwd (7) turn ½ left (8)

A[17-24] Out-out-in-in, ½ R step , fwd, ½ R, fwd, R side rock with press, recover

1&2& R fwd right diagonal (1) L fwd left diagonal (&) R back to center (2) L back together (&)
3,4,5 turn ½ right step R fwd (3) L fwd (4) turn ½ right (5)
6,7,8 L fwd (6) rock R right with press (7) recover L (8)

A[25-32] Behind-1/4 L step-fwd, mambo, back, coaster step, fwd, ½ R

1&2 R behind L (1) turn ¼ left L fwd (&) R fwd (2)
3&4 rock L fwd (3) recover R (&) L back (4)
5&6,7,8 R back (5) L beside R (&) R fwd (6) L fwd (7) turn ½ right (8)

Part B – 32 counts

B[1 – 8] Side, heel-toe-heel swivel, fwd, fwd-1/4 R step-point, cross, side, ¼ L

1&2& L left (1) swivel R heel in (&) swivel R toe in (2) swivel R heel in (&)
3,4&5 R fwd (3) L fwd (4) turn ¼ right R fwd (&) point L toe left (5)
6,7,8 cross L over R (6) R right (7) turn ¼ left (8)

B[9 -16] Coaster step, cross suffle R, ¼ L, ¾ L sweep, cross suffle L

1&2 R back (1) L beside R (&) R fwd (2)
3&4& L across R (3) R right (&) L across R (4) turn ¼ left R back (&)
5,6 turn ½ left L fwd sweep R back to fwd (5) turn ¼ left on L finishing ¾ sweep (6)
7&8 R across L (7) L left (&) R across L (8)

B[17-24] Coaster step, cross suffle L, ¼ R, ¾ R sweep, cross suffle R

1&2 L back (1) R beside L (&) L fwd (2)
3&4& R across L (3) L to left (&) R across L (4) turn ¼ right L back (&)
5,6 turn ½ right R fwd sweep L back to fwd (5) turn ¼ right on L finishing ¾ sweep (6)
7&8 L across R (7) R right (&) L across R

B[25-32] Side, heel-toe-heel swivel, fwd, fwd-1/4 L step-point, side ¼ R

1&2& R right (1) swivel L heel in (&) swivel L toe in (2) swivel L heel in (&)
3,4&5 L fwd (3) R fwd (4) turn ¼ left L fwd (&) point R toe right (5)
6,7,8 cross R over L (6) L left (7) turn ¼ right (8)

Part C – 32 counts

C[1 – 8] Kick-cross-point 2X, walk 2X, sugar push

1&2 kick L fwd (1) cross L over R (&) point R toe right (2)
3&4,5 kick R fwd (3) cross R over L (&) point L toe left (4) L fwd (5)
6,7&8 R fwd (6) L in and behind R taking the weight (7) replace weight onto R (&) replace weight onto L (8)

C[9 -16] Shuffle ½ R 2X, coaster step, walk 2X

1&2 turn ¼ right R right (1) L beside R (&) turn ¼ right R fwd (2)
3&4 turn ¼ right L left (3) R beside L (&) turn ¼ right L back (4)
5&6,7,8 R back (5) L beside R (&) R fwd (6) L fwd (7) R fwd (8)

C[17-24] Cross samba 2X, sailor turn 2X

1&2,3&4 cross L over R (1) rock R right (&) recover L (2) cross R over L (3) rock L left (&) recover R (4)
5&6,7&8 turn ¼ left L back (5) R beside L (&) L left (6) turn ¼ right R back (7) L beside R (&) R right (8)

C[25-32] Rumba box, step ½ R 2X

1&2,3&4 L left (1) R beside L (&) L back (2) R right (3) L beside R (&) R fwd (3)
5,6,7,8 L fwd (5) turn ½ right (6) L fwd (7) turn ½ right (8)

Contact: tonu.koidla@gmail.com
