

I Can't Go On

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Easy Intermediate
编舞者: Jessica Boström (SWE) & Elenor Berglund (SWE) - March 2017
音乐: I Can't Go On - Robin Bengtsson : (Album: I Can't Go On - Single. iTunes.)



Please make shure you use the right version of the song as written above!

Intro: 16 counts. Approx: 8 secs.

S1: Dorothy. Step Swivel. Behind Side Cross & Cross. Unwind 1/2 .

1-2& Step R forward, lock L behind R, step R forward.
3&4 Step L forward, swivel both heels to left, swivel both heels back to centre. Weight is now on R.

***Restart point. This time you need to put weight on L on count 4.**

5&6 Step L behind R, step R to Right side, cross L over R.
&7-8 Step R to Right side, cross L over R. Unwind 1/2 turn Right. Keeping weight on L. (6.00)

S2: Behind. 1/4. Chassé. 1/2. 1/4. Coasterstep.

1-2 Step R behind L, make a 1/4 left stepping forward on L. (3.00)
3&4 Step R to Right side. Step L beside R. Step R to Right side.
5-6 Make a 1/2 turn Left stepping forward on L. (9.00) Make a 1/4 turn Left stepping back on R. (6.00)
7&8 Step back on L, step R beside L, step forward on L.

S3: Kick & Point. Kick & Point. Cross. Back Side Cross. Back .

1&2 Kick R forward, step R beside L, Point L to Left side.
3&4 Kick L forward, step L beside R, Point R to Right side.
5-6& Cross step R over L, step back on L, step back R to Right side and slightly back.
7-8 Cross step L over R. Step back on R and make a heel with L.

S4: Back. Back. Coasterstep & Lock. Hold. 3x Heel Bounces Unwind Full Turn.

1-2 Step back on L and make a heel with R. Step back on R and make a heel with L.
3&4 Step back on L, step R beside L, step forward on L.
&5-6 Step R forward, lock L behind R. Weight is still on R. Hold.
7&8 Unwind full turn Left with three heel bounces. Ending with weight on L.

(Easier option: Just unwind for 7-8 as you transfer weight onto L.)

End of dance - Ready to start again!

***There is one Restart in this dance. On wall 5. Facing 12.00. Do the first 4 counts in section 1. Only this time you put weight on to your L on count 4, ready to start again on R.**

Styling suggestion: When you do the kick & points use both arms pushing them up and then down towards the floor. It looks better and in some walls it even fits the lyrics in the music perfect. At that same place you can add click fingers on wall 9 facing 12.00, you hear them in the music. Have a look at our demo videos. Also you can use the intro to add some applejacks. Robin uses them in the show for Eurovision Song Contest 2017. This song is the Swedish winner and contribution to the competition.

Contact: jessica.bostrom@hotmail.com