

You Can't Sit Down

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Beginner
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音乐: You Can't Sit Down - The Dovells



S1: FORWARD TOE STRUT, MAMBO

1-2 Touch right toe forward, lower right heel
3-4 Touch left toe forward, lower left heel
5-6 Rock forward on right foot, recover weight to left foot
7-8 Step back on right foot, hold

S2: BACKWARD TOE STRUT, MAMBO

1-2 Touch left toe back, lower left heel
3-4 Touch right toe back, lower right heel
5-6 Rock back on left foot, recover weight to right foot
7-8 Step forward on left foot, hold

S3: K STEP WITH CLAPS

1-2 Step right foot diagonally forward to the right, touch left toe next to right foot and clap
3-4 Step left foot diagonally back, touch right toe next to left foot and clap
5-6 Step right foot diagonally back to the right, touch left toe next to right foot and clap
7-8 Step left foot diagonally forward, touch right toe next to the left foot and clap

S4: BOX STEP

1-2 Step right foot to the right, step left foot next to the right foot
3-4 Step right foot forward, touch left toe next to the right foot
5-6 Step left foot to the left, step right foot next to the left foot
7-8 Step left foot back, touch right toe next to the left foot

S5: RIGHT SHIMMY TWICE

1-2 Step drag right foot to the right
3&4 Shimmy hips left, right, left
5-6 Step drag right foot to the right
7&8 Shimmy hips left, right, left

S6: STEP ¼ TURN COUNTERCLOCKWISE TWICE

1-2 Step right foot forward, hold
3-4 Turn ¼ turn counterclockwise putting weight on left foot, hold
5-6 Step right foot forward, hold
7-8 Turn ¼ turn counterclockwise putting weight on left foot, hold

REPEAT