

I Can't Go On

拍数: 32 墙数: 4 级数: Beginner
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音乐: I Can't Go On - Robin Bengtsson : (Single)



#1 easy Tag after wall 4 facing 12 o'clock
Intro: 16 counts.

Section 1: Kick forward. Kick right. Coaster Step. Kick forward. Kick left. Coaster Step.

1-2 kick right foot forward. Kick right foot right.
3&4 Step back on right. Step left beside right. Step forward on right.
5-6 Kick left foot forward. Kick left foot left.
7&8 Step back on left. Step right beside left. Step forward on left.

Section 2: Kick forward. ¼ Turn right. Kick forward. Coaster Step. Walk. Walk. Forward Shuffle.

1&2 Kick right foot forward. Turn ¼ right on ball of left. Kick right foot forward.
3&4 Step back on right. Step left beside right. Step forward on right.
5-6 Walk forward on left. Walk forward on right.
7&8 Step forward on left. Close right beside left. Step forward on left.

Section 3: Rock Step. Shuffle ½ turn Back . Walk. Walk. Forward Shuffle.

1-2 Rock forward on right. Recover onto left.
3&4 Shuffle ½ turn back over the right shoulder stepping right, left, right.
5-6 Walk forward on left. Walk forward on right.
7&8 Step forward on left. Close right beside left. Step forward on left.

Section 4: Rock Step. Jump Back. Hold. Cross. Hold. Unwind 1/1 left.

1-2 Rock forward on right. Recover onto left.
&3-4 Jump back right. Jump back left. Hold.
5-6 Cross right over left. Hold.
7-8 Unwind 1/1 Turn during 2 counts leaving weight on left foot.

Easy Option: Replace counts 5-8 of section 4 with:

Cross right over left. Point left to left side. Cross left over right. Point right to right side.

Tag: Step ½ turn left. Step ½ turn left.

1-4 Step forward on right. Turn ½ left. Step forward on right. Turn ½ left.

Easy option: Replace the Step Turns with a Rocking Chair

Last Update - 30th Oct. 2018