

Can't Not

拍数: 32 墙数: 4 级数: Improver
编舞者: Hiroko Carlsson (AUS) - October 2020
音乐: Can't Not - Steven Lee Olsen : (iTunes / Spotify)



(16 count intro/ Dance starts on lyrics)

[S1] Touch Out-In, Step-Pivot 1/4L, Fwd Rock-Coaster Step

1 2 Touch R to the right side, Touch R next to L
3 4 Step forward on R, Make a ¼ turn left recover weight on L (9:00)
5 6 Rock forward on R, Recover weight on L
7&8 Step back on R, Step L next to R, Step forward on R

[S2] Touch Out-In, Step-Pivot 1/2R, Step-Pivot 1/4R, Cross Shuffle

1 2 Touch L to the left side, Touch L next to R
3 4 Step forward on L, Make a ½ turn right recover weight on R (3:00)
5 6 Step forward on L, Make a ¼ turn right recover weight on R (6:00)
7&8 Cross L over R, Step L close to R, Cross L over R**

[S3] Side Rock, Back-Point-Back-Point, Back Rock

1 2 Rock R to the right, Recover weight on L
3 4 Step back on R, Point L to the left
5 6 Step back on L, Point R to the right
7 8 Rock back on R, Recover weight on L***

[S4] 1/2L Shuffle Back, 1/4L Side Shuffle, Step-Pivot 1/4L, Together-Heel Bounce Turn 1/4R

1&2 Make a ½ turn left shuffle back R-L-R (12:00)
3&4 Make a ¼ turn left side shuffle to the left L-R-L (9:00)
5 6 Step forward on R, Make a ¼ turn left recover weight on L (6:00)
7&8 Step R together, Raise heels up (&), Make a ¼ turn right bounce heels down (8) (9:00)

Restart:

On Wall 2 count 16 (3:00), Wall 4 count 16 ** (6:00)**

On Wall 8 count 24* (3:00)**

The last wall starts 9:00 o'clock - dance up to count 24** then make a ¼ turn left stepping R to the side and drag L close to R (12:00).

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)

(updated: 28/Oct/20)