

You Can't Stop Us

COPPER **KNOB**
BY STEPHEN

拍数: 80 墙数: 2 级数: Phrased Intermediate
编舞者: Kelly Cavallaro (USA) & Trevor Thornton (USA) - May 2022
音乐: Can't Stop Us Now - Pitbull & Zac Brown



Pattern: A, B, A, A, B, A, A, TAG x 2, A, A
Tag shall always face the 12:00 wall

Intro- counts (after 1st verse)

Part A – 32 counts

PRESS, RECOVER, STEP, ½ TURN, ¼ HITCH, STEP, BEHIND, SIDE, CROSS

1-2& Press R foot forward (1), recover back onto L (2), step onto R (&) 12:00
3-4 Step L forward (3), 1/2 turn right stepping on R (4) 6:00
5-6 ¼ turn right hitching L knee up (5), step L to L side (6) 9:00
7&8 Step R behind L foot (7), step L to L side (&), Cross R foot over L (8) 9:00

¼ SLIDE, TOUCH, V STEP, KICK, KICK

1-2 ¼ L stepping L foot forward (1), Touch R (or drag) (2) 6:00
3-4 Step R fwd to R diagonal (3), Step L fwd to L diagonal (4)
5-6 Step R back to middle (5), Step L back to middle (6)
7-8 Kick R foot forward twice (7, 8) - 6:00

Tip: Do a slight dip by bending both knees on count 6 to make kicking easier.

BACK, DRAG, ¼ COASTER CROSS, ½ MONTERREY WITH CROSS

1-2 Step back on R foot, Drag L back - 6:00
3&4 Step back on L, Step back on R, ¼ turn L crossing L over R - 3:00
5-6 Point R to R, make 1/2 turn to R stepping on R - 9:00
7-8 Point L to L, Cross L over - 9:00

POINT, CROSS/STEP, POINT, STEP, ¾ WALK AROUND

1-2 Point R to R side, Cross R over L stepping forward - 9:00
3-4 Point L to L side, Cross L over R (or step forward)
5-8 Walk R, L, R, L walking in counter-clockwise circle in ¾ turn - 12:00

PART B – 48 counts

STEP, ½ KICK, TRIPLE BACK, BACK, HITCH, BACK, HITCH

1-2 Step R forward, ½ turn L kicking L - 6:00
3&4 Shuffle back L, R, L
5-6 Step back R, Hitch L knee swiping R hand over L knee
7-8 Step back L, Hitch R knee swiping L hand over R knee - 6:00

SIDE, COLLECT, SHUFFLE FWD, GLIDE BOX TURNING ¾

1-2 Step R to R side, Step L next to R - 6:00
3&4 Shuffle forward R, L, R
5-6 Step L to L side (sliding R towards L), ¼ turn right stepping R to side (sliding L towards R)
9:00
7 ¼ turn left Step L to side (sliding R towards L) 12:00
8 ¼ turn right stepping R to side (sliding L towards R) * 3:00

CROSS SHUFFLE, TOUCH SIDE, TOUCH IN, STEP SIDE, SAILOR, ¼ SAILOR

1&2 Cross shuffle L, R, L - 3:00
3&4 Touch R to R side, Touch R to L foot, Step R to R side

- 5&6 Step L behind, step R next to left, step L foot side
7&8 Step R behind, ¼ turn R stepping onto L, step R foot side - 6:00

STEP, ½ TURN, FULL TURN, WALK 4 STEPS WITH ARM MOTIONS

- 1-2 Step L forward , ½ turn R stepping R forward - 12:00
3-4 Step ½ turn R stepping onto L, Step ½ turn R stepping onto R
5-6 Step forward L pointing both arms to right, Step forward R pointing both arms to left
7-8 Step forward R putting both hands up, Step forward L pointing both arms down 12:00

SWIVEL TOE, HEEL, TOE, DRAG, FOOT SLIDE R, FOOT SLIDE L

- 1&2 Swivel R toe out (1), swivel R heel out (&), swivel R toe out (2) 12:00
3-4 Drag R foot to L foot
5-6 Step R toe next to L, press down onto R heel while sliding L foot back (weight remains on the R) 10:30
7-8 Step L toe next to R, press down onto L heel while sliding R foot back (weight remains on the L) 10:30

CROSS ROCK, RECOVER, 5/8 TRIPLE, OUT, OUT, SAILOR

- 1-2 Cross R over L (1), recover onto L (2) 10:30
3&4 5 /8 turn to R stepping R, L, R 6:00
5-6 Step L fwd to L diagonal, Step R fwd to R diagonal
7&8 Step L behind, step R next to left, step L foot side 6:00

TAG: 16 counts

HIP ROLLS WITH HIP PUSHES

- 1, 2 Roll R hip forward (1) and back (2) 12:00
3, 4 Push R hip forward twice (take weight on R foot on count 4)
5, 6 Roll L hip forward (5) and back (6)
3, 4 Push L hip forward twice (take weight on L foot on count 8) 12:00

ROCKING CHAIR, TWO PIVOT HALF TURNS

- 1-2 Rock fwd on R (1), recover back on L (2) 12:00
3-4 Rock back on R (3), recover fwd on L (4)
5-6 Step fwd on R (5), pivot half turn L (6) 6:00
7-8 Step fwd on R (7), pivot half turn L (8) 12:00

Option: You can replace the two half turns with an additional rocking chair. Therefore, doing two rocking chairs back to back.

Contact:

Email: DancingwithTrevor@gmail.com - 7ArrowMedia@gmail.com

Phone: (+1) 407-590-4753 - (+1) 603-583-0073
