

U Can't Stop Me

COPPERKNOB
BY STEPHENETS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Rebecca Ewan (UK)
音乐: Paid My Dues - Anastacia



KICK TOUCH FLICK, ROCK & CROSS, WALK TWICE, ROCK & TURN

- 1&2 Kick right foot forward, touch right foot to right side, flick right foot up behind left leg
3&4 Rock right foot to right side, recover weight onto left, cross right foot over left
5-6 Walk diagonally forward to the left, stepping left, right
7&8 Rock forward on the left, recover weight onto right, step left foot to left side making 1/8 turn left, (now facing the 9:00 wall)

HITCH TURN TWICE, BEHIND & CROSS, SIDE HITCH, MONTEREY ½

- &1&2 Hitch right knee next to left making ¼ turn left, touch right foot to right side, hitch right knee next to left making ¼ turn left, touch right foot to right side
3&4 Cross right behind left, step left to left side, cross right over left
5-6 Step left foot to left side dipping down and to the left, hitch right knee next to left
7&8 Touch right foot to right side, make ½ turn right stepping right next to left, touch left foot to left side

Back to 9:00 wall

CROSS & SIDE TWICE, WALK TWICE, KICK & HEEL

- 1&2 Traveling forward, cross rock left over right, recover weight onto right and step left foot to left side and slightly forward
3&4 Traveling forward, cross rock right over left, recover weight onto left and step right foot to right side and slightly forward
5-6 Walk diagonally forward to the right, stepping left, right
7&8 Still angled to the right, kick left foot forward, step left foot next to right and touch right heel forward

& BUMP & BUMP, ROCK TURN TOUCH, SIDE TOUCH, TOUCH STEP TOUCH

- &1 Step right foot next to left, stepping forward on left bump hips forward
&2 Bump hips back, bump hips forward
3&4 Rock right foot to the right side, recover weight onto the left making ¼ turn left, touch right foot next to left. (you should now be facing the 7:00 wall)
5-6 Step right foot to the right side (straighten up to face the 6:00 wall), touch left foot over right
&7-8 Touch left foot slightly out to the left side, step left foot further to the left, touch right foot behind left

WALK TWICE, ROCK & TURN, & WALK TWICE, ROCK & TURN

- 1-2 Walk forward right, left
3&4 Cross rock right over left, recover weight onto left, step right to the right side making ¼ turn right
&5-6 Step left foot next to right, walk forward right, left
7&8 Cross rock right over left, recover weight onto left, step right foot to right side making ¼ turn right

& TOUCH HOLD, & TURN HOLD, CROSS & HEEL, COASTER STEP

- &1-2 Step left foot next to right, touch right foot to right side, hold
&3-4 Turn ½ right stepping right next to left, touch left foot to left side, hold
5&6 Cross left foot over right, step back on right, touch left heel forward
7&8 Step back on left, step right next to left, step forward on left

REPEAT
