

Can't Help Dancin'

COPPER KNOB
BY STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Sho Botham (UK)
音乐: Girl Can't Help It - Big House



KICK STEPS AND WEAVE

- 1-2 Kick right forward, step right across front of left
3-4 Wide step left to left, step right in place - let body naturally start to face right corner in anticipation of weave
5-8 Weave traveling to right, stepping left across front of right, right to right, left crossed right, right to right

KICK STEPS AND WEAVE

- 9-16 Reverse counts 1-8 starting left

SWITCH RONDE, WEAVE, ¼ TURN RIGHT STEP, HITCH N' SCOOT, STEP SLIDE

- 17 Switch onto right and ronde left leg from back to front (yes, this all happens together)
18-20 Three-count weave traveling right stepping left across front of right, right to right, left crossed right
21 Step right making ¼ turn right
22 Hitch left scooting forward on right
23-24 Step left forward, slide right to left (weight finishing on right)

SLOW WALK AROUND MAKING ¾ TURN WITH ARMS RAISED AT SHOULDER LEVEL, BODY LEANING LEFT, OPTIONAL OFF-BEAT FINGER CLICKS, STOMPS RL

- 25-30 Three slow walks left-right-left (2 counts each walk) traveling in a circle to left completing ¾ turn. Arms can be held out to sides at shoulder level with body leaning to left during walks. You can also click your fingers on the off-beat (counts 26, 28, 30)
31-32 Stomps right, left

REPEAT

To really make this a high energy workout, elevate counts 1-24. Work up gradually to performing the whole dance at high energy output and feel your stamina improve.
