

Can't Hide

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Lana Harvey Wilson (USA)
音乐: You Can't Break the Fall - Joe Nichols



SIDE, HOLD, BALL-CHANGE, CROSS ROCK, RECOVER, ¼ TURN, FORWARD SHUFFLE

1-2 Step right to right, hold
&3-4 Step ball of left next to right, step right to right, cross step left over right
5-6 Step back on right, turning ¼ left, step left forward
7&8 Shuffle forward right-left-right

FORWARD, HOLD, TOUCH, CROSS BEHIND, TOUCH, CROSS BEHIND, HIP BUMPS

9-10 Step forward left, hold
11-12 Touch right to right, cross step right behind left
13-14 Touch left to left, cross step left behind right
15-16 Step right to right as you bump hips right twice
Option on 16: step right to right, hold - or - right shuffle right-left-right

SIDE SHUFFLE, ¼ BACK SHUFFLE, ¼ FORWARD SHUFFLE, FORWARD ROCK, RECOVER

17&18 Shuffle left-right-left to left
19&20 Shuffle back right-left-right turning ¼ right
21&22 Shuffle forward left-right-left turning ¼ right
23-24 Rock forward right, recover back on left

BACK ROCK, HOLD, RECOVER, CLOSE, SLIDE OUT, HOLD, ¼ TURN CLOSE, HOLD

25-26 Rock back on right on right lifting left heel, hold
27-28 Push off forward on ball of right shifting weight to left and drop left heel, step right next to left
29-30 Slide left toe out to left weight staying on right, hold
31-32 Turn ¼ left on ball of right and slide left next to right taking weight, hold

CROSS, SIDE, BEHIND, SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS

33-36 Cross right over left, step left to left, step right behind left, step left to left rocking weight onto it
37-40 Recover weight on right, step left behind right, step right to right, step left in front of right

SIDE, CLOSE, FORWARD, HOLD, ½ TURN, HOLD, FORWARD SHUFFLE

41-42 Step right to right, slide left next to right putting weight on it
43-44 Step forward right, hold
45-46 Turn ½ left on balls of both feet, hold
47&48 Shuffle forward right-left-right

STEP, BRUSH ACROSS, CROSS STRUT, BACK STRUTS

49-50 Step left forward, brush right across left
51-52 Cross right over left stepping down of ball of right, drop right heel taking weight
53-54 Step back on left toe, drop left heel taking weight
55-56 Step back on right toe, drop right heel taking weight

SLOW COASTER, HOLD, HEEL & HEEL, BALL-STEP, STEP

57-60 Step back on left, step right next to left, step left forward, hold
61& Touch right heel forward, step right next to left
62& Touch left heel forward, step left next to right
63-64 Step forward right, step forward left

REPEAT

TAG

After 4th full pattern:

1-4 Step right to right, drag left to right for 2 counts, touch left next to right

5-8 Step left to left, drag right to left for 2 counts, touch right next to left

OPTIONAL BUT FUN ENDING

Music ends at count 29 of 6th pattern. Leave left toe touching left for 30-31-32. Then slowly slide left behind right over 4 counts and do slow unwind $\frac{3}{4}$ left to face front again, weight on left and hold.
