

Can't Sit Still

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Larry Bass (USA)
音乐: Bad Thang (Public Dance Mix) - Scooter Lee



FORWARD SHUFFLE, STEP PIVOT; FORWARD SHUFFLE, STEP PIVOT

1&2 Shuffle forward left, right, left
3-4 Step right foot forward; pivot ½ turn left onto left foot
5&6 Shuffle forward right, left, right
7-8 Step left foot forward; pivot ½ turn right onto right foot

ROCK STEP & ROCK STEP; & ROCK STEP, TURNING SHUFFLE

9-10 Step left foot forward; rock back onto right foot
& Step left foot beside right
11-12 Step right foot forward; rock back onto left foot
& Step right foot beside left
13-14 Step left foot forward; rock back onto right foot
15&16 Shuffle left, right, left while turning ½ turn left

CROSSOVER SHUFFLE, SIDE SHUFFLE WITH ¼ TURN; STEP ¾ TURN, SIDE SHUFFLE

17 With body angled slightly left, cross step right foot over left
&18 Step left foot slightly to left, cross step right foot over left
19&20 Shuffle left, right, left to left turning ¼ turn left on last step
21 Step right foot forward
22 Pivot ¾ turn left onto left foot
23&24 Shuffle right, left, right to right

CROSSOVER SHUFFLE, SIDE SHUFFLE WITH ¼ TURN; STEP PIVOT, FULL ROLLING TURN

25 With body angled slightly right, cross step left foot over right
&26 Step right foot slightly to right, cross step left foot over right
27&28 Shuffle right, left, right to right turning ¼ turn right on last step
29 Step left foot forward
30 Pivot ½ turn right onto right foot
31 Moving forward, turn ½ turn right while stepping left foot back
32 Turn ½ turn right while stepping right foot forward
31-32 variation: walk forward left, right

REPEAT