

Can't Stop

拍数: 40 墙数: 1 级数: Intermediate
编舞者: Gilles Cyr (CAN)
音乐: Can't Stop My Heart From Loving You - Aaron Neville



WALK RIGHT, WALK LEFT, SHUFFLE FORWARD RIGHT, STEP LEFT, PIVOT ½ RIGHT, ROCK, RECOVER, HEEL TOUCH LEFT

1-2 Step forward right, step forward left
3&4 Step forward right, close left beside right, step forward right
5-6 Step left forward, pivot ½ turn to right step right in place
7&8 Rock forward on left, step right in place, touch left heel forward

STEP LEFT FORWARD, ROCK ONTO RIGHT, STEP FORWARD RIGHT, ROCK ONTO LEFT, TOGETHER, ROCK SIDE RIGHT TOGETHER, ROCK SIDE LEFT, TOGETHER

You have to travel forward steps 1 to 4

1&2 Step forward left, step right foot to right side, step in place left
3&4 Step forward right, step left foot to left side, step in place right
5&6 Step left beside right, rock side right, step in place left
&7&8 Step right beside left, rock side left, step in place left, step left beside right

Keep weight onto left foot

SIDE RIGHT, CROSS, SIDE RIGHT, CROSS ROCK SIDE RIGHT, RIGHT SAILOR SHUFFLE

1-2 Step right to right side, cross left over right
3-4 Step right to right side, cross left behind right
5-6 Step right to right side, step in place left
7&8 Cross right behind left, step left to left side, step in place right

SIDE LEFT, CROSS, SIDE LEFT, CROSS ROCK SIDE LEFT, LEFT SAILOR SHUFFLE

1-2 Step left to left side, cross right over left
3-4 Step left to left side, cross right behind left
5-6 Step left to left side, step in place right
7&8 Cross left behind right, step right to right, step in place left

RIGHT KICK BALL CHANGE WITH ¼ TURN LEFT (2X) KICK RIGHT OUT OUT IN IN, TOUCH RIGHT FOOT

1&2 Kick forward right, step right beside left with ¼ turn left, step in place left
3&4 Kick forward right, step right beside left with ¼ turn left, step in place left
5&6 Kick right forward, step right to right side, step left foot to left side
&7-8 Step right foot in, step left beside right, touch right beside

REPEAT

TAG

Add the tag after the first and third walls

ROCK FORWARD RIGHT, LEFT, ROCK SIDE RIGHT, LEFT

1&2 Rock forward right, step left in place, return right beside left
3&4 Rock forward left, step right in place, return left beside right
5&6 Step right to side, step left in place, return right beside left
7&8 Step left to side, step right in place, return left beside right