

Can't Stop This Thing

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Alan Birchall (UK)
音乐: Can't Stop This Thing We Started - Bryan Adams



KICK BALL CHANGE, SIDE SHUFFLE, ROCK, RECOVER, SIDE SHUFFLE

1&2 Kick right foot forward, step right by left, cross left over right
3&4 Step right to right, step left by right, step right to right
5-6 Rock back on left, recover on right
7&8 Step left to left, step right by left, step left to left

ROCK, RECOVER, STEP, ½ PIVOT, ½ SHUFFLE TURN, ROCK, RECOVER

9-10 Rock back on right recover on left
11-12 Step forward on right, ½ pivot left (6:00)
13&14 Make ½ triple turn left stepping right, left, right (12:00)
15-16 Rock back on left, recover on right

FULL TURN, STEP, TAP, LOCK STEP, BACK STRUT

17-18 Make ½ turn right stepping back on left, make ½ turn right stepping forward on right (12:00)
19-20 Step forward on left, tap right behind left
21&22 Step back on right, lock left over right, step back on right
23-24 Touch left toe back, step down on left heel

BACK STRUT, TOUCH, UNWIND, STEP, ½ PIVOT, CROSS, STEP

25-26 Touch right toe back, step down on right heel
27-28 Touch left toe back unwind ½ turn left (6:00)
29-30 Step forward on right, ½ pivot left (12:00)
31-32 Cross right over left, step left to left

WEAVE, UNWIND, CROSS SHUFFLE, CROSS, ROCK, RECOVER

33-34 Cross right behind left, step left to left
35-36 Cross right over left, unwind ½ turn left (6:00)
37&38 Cross right over left, step left to left, cross right over left
39-40 Rock left to left, recover on right

BEHIND, SIDE, IN FRONT, POINT, CROSS, SIDE SHUFFLE, BEHIND, POINT

41&42 Cross left behind right, step right to right, cross left over right
43-44 Point right to right, cross right over left
45&46 Step left to left, step right by left, step left to left
47-48 Cross right behind left, point left to left

SAILOR STEP, STEP 1/8TH TWICE, CROSS, ¼ TURN

49&50 Cross left behind right, step right to right, step left in place
51-52 Step forward on right 1/8th pivot left
53-54 Step forward on right 1/8th pivot left (3:00)
55-56 Cross right over left, make ¼ turn right stepping left to left (6:00)

½ SHUFFLE, STEP, ½ PIVOT, ¼ SHUFFLE, ROCK RECOVER

57&58 Make ½ triple turn right stepping right to right, step left by right step forward on right (12:00)
59-60 Step forward on left, ½ pivot right (6:00)
61&62 Making ¼ turn right step left to left, step right by left step left to left (9:00)

63-64

Rock back on right, recover on left

REPEAT
