

I Can't Wait!! (aka Country Bone Jam)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate 2S
编舞者: Forty Arroyo (USA) - May 2011
音乐: I Can't Wait - Ryan Montbleau : (CD: Heavy On The Vine)



Dedicated to Carol Silveira – “Yes, GF – I like my Country”. - Music suggested by Ms Mellonee Pauley

32 count Intro - Sequence: 64, 32, 64, 64, 32, 64, 64, 64, ** see note for “20 count” ending

(1-8) WALK FORWARD, COASTER STEP FORWARD, WALK BACK, COASTER STEP BACK

1,2 Step forward R (1), Step forward on L (2),
3&4 Step forward on R (3), Step L next to R (&), Step back on R (4)
5,6 Step back on L(5), Step Back on R(6),
7&8 Step back on L(7), Step R next to L(&), Step forward on L(8)

(9-18) SCUFF, HITCH, STEP, HEEL & HEEL, SCUFF, HITCH STEP, HEEL & HEEL

1&2 Scuff R heel forward (1), Hitch R knee (&), Step R in place (2)
3&4& Tap L heel forward (3), Step L in place (&), Tap R heel forward (4), Step R in place (&)
5&6 Scuff L heel forward (5), Hitch L knee (&), Step L in place (6)
7&8 Tap R heel forward (3), Step R in place (&), Tap L heel forward

(19-24) SIDE ROCK, WEAVE, ROCK, COASTER STEP

&1,2 Step L in place, Rock side on ball of R, Recover weight on L
3&4 Cross R behind L, Step L to side, Step R over L (facing 11:00)
5,6 Press forward on ball of L – toward 11:00 (5), Recover weight on R (6)
7&8 Step back on L (7), Step R next to L – squaring off to 12:00 (&), Step forward on L (8)

(25-32) ¼ TURN, ¼ TURN, CROSS, STEP, COASTER STEP (end at 6:00)

1-4 Step forward on R (1), Pivot ¼ to left – weight on L (2) – Repeat for 3,4
5-6 Cross R over L(5), Step back on L – pushing off on R heel(6)
7&8 Step back on R (7), Step L next to R (&), Step forward on R (8)

RESTARTS HAPPEN HERE 1st at 12:00 and 2nd at 6:00 – modify the coaster step - touching R next to L on count 8 instead of stepping forward; after the first rotation – dance only first 32 counts – then restart. Dance the 2nd & 3rd rotations- then dance cts 1-32 and restart.

Sequence: 64, 32, 64, 64, 32, 64, 64, 64, see note for 20 count ending

(33-40) HITCH, SHUFFLES FORWARD, TURNING MAMBO ¼ , CROSSING MAMBO (end at 3:00)

&1&2 Hitch L(&), Step L forward (1), Step L next to R(&), Step L forward (2)
3&4 Step R forward (3), Step L next to R (&), Step R forward (4)
5&6 Rock forward on L (5), Step R in place (&), Step L slightly to side – turning ¼ left (6)
7&8 Cross R over L (7), Step L in place (&), Step R slightly to side (8)

(41-48) CROSS, TOUCH, STEP, ROCK N POP, STEP – REPEAT

1&2 Cross L over R (1), Touch R toe to L heel (&), Step slightly back on R (2)
3,4 Rock back on L – angle body to L corner and popping R knee (3), Step R in place
5&6 Cross L over R (5), Touch R toe to L heel (&), Step slightly back on R (6)
7,8 Rock back on L – angle body to L corner and popping R knee (7), Step R in place (8)

(49-56) PADDLE ½ TURN, TOE SWITCHES, SAILOR, ¼ SAILOR (end at 6:00)

&1 Hitch L (&), Touch L out slightly to side pivoting ¼ to right on the ball of R (1)
&2 Hitch L (&), Touch L out slightly to side pivoting ¼ to right on the ball of R (2)
3&4 Touch L to side (3), Step L in place (&), Touch R to side (4)
5&6 Step R behind L (5), Step L slightly to side (&), Step R to Side (6)

7&8 Turning $\frac{1}{4}$ L – sweep & step L behind R (7), Step R next to L (&), Step L to side (8)

(57-64) WALK FORWARD, $\frac{1}{2}$ CHASE TURN, STEP, $\frac{1}{2}$ TURN, WALK BACK, COASTER STEP

1,2 Step forward R (1), Step forward L (2)

3&4 Step forward on R (3), Pivot $\frac{1}{2}$ left on ball of R – weight on L (&), step forward on R (4)

5,6 Step back on L making a $\frac{1}{2}$ turn to right (5), Step back on R (6)

7&8 Step back on L, Step R next to L, Step forward on L

START OVER AND HAVE A BLAST!!

****ENDING at 12:00 (optional): Do the first 8 counts of the dance twice (for 16 counts) –**

[1-16] WALK FORWARD, COASTER STEP FORWARD, WALK BACK, COASTER STEP BACK

1,2 Step forward R (1), Step forward on R (2),

3&4 Step forward on R (3), Step L next to R (&), Step back on R (4)

5,6 Step back on L(1), Step Back on R(2), Step back on L(3), Step R next to L(&), Step forward on L(4)

REPEAT - (1-6)

Then add heel switches

1&2& Tap R heel forward (1), Step R in place (&), Tap L heel forward (2), Step L in place (&)

3&4 Tap R heel forward (3), Hitch R (&), Tap R heel forward toward 11:00 – bending L knee (4)
