

Can't Slow Down

拍数: 32 墙数: 4 级数: Advanced NC2S
编舞者: Peter Jones (UK) & Anna Lockwood (UK) - November 2011
音乐: Can't Slow Down - Katherine Jenkins : (Album: Daydream)



Dance Pattern. 32c, 16c, 32c, Tag A, 32c, 32c, 16c, Tag B, 16c, 16c, 32c, 6c to finish facing front.

S1: Back, Back, Recover, Step, Rock, Recover, ½ Turn, Step, ½ Turn, Cross, Side, Behind, Side, Cross.

- 1-2&3 Step Back Onto R Sliding L Back, Step Back Onto L, Recover Weight Onto R, Step Forward Onto L.
- 4&5 Rock Forward Onto R, Recover Weight Onto L, Turn ½ R Onto R.
- 6&7 Step Forward Onto L, Pivot ½ R Onto R, Cross L Over R.
- 8&8&1 Step R To R Side, Step L Behind R, Step R To R Side, Cross L Over R.

S2: Recover, Side, Cross, Back, Side, Step, Walk R, Walk L, Step, ½ Turn, ¼ Back.

- 2&3 Recover Weight Onto R, Step L To L Side, Cross R Over L.
- 4&5 Step Back Onto L, Step R To R Side, Step Forward Onto L.
- 6-7 Walk Forward Onto R, Walk Forward Onto L.
- 8&1 Step Forward Onto R, Pivot ½ L Onto L, Step ¼ Back Onto R.

Restarts here on walls 2, 6, 7 and 8.

Tag B Here on wall 6 facing 6:00

S3: Step Lock Back, Back, Recover, Step, Cross, ¼ Back, Side, Step, Cross, ¼ Back, Side.

- 2&3 Step Back Onto L, Cross R Over L, Step Back Onto L.
- 4&5 Rock Back Onto R, Recover Weight Onto L, Step Forward Onto R.
- 6&7&8 Step Forward Onto L, Step Back ¼ L Onto R, Step L To L Side, Step Forward Onto R.
- 8&1 Step Forward Onto L, Step Back ¼ L Onto R, Step R To R Side.

S4: Back, Recover, Side, Back, Recover, ¼ Back, Sailor ¾, Rock, Recover, ½.

- 2&3 Rock R Behind L, Recover Weight Onto L, Step R To R Side.
- 4&5 Rock L Behind R, Recover Weight Onto R, Step Back ¼ R Onto L.
- 6&7 Step ½ R Onto R, Step ¼ R Onto L, Step Forward Onto R.
- 8&8&1 Rock Forward Onto L, Recover Weight Back Onto R, Step ½ L Onto L, (Step Back Onto R).

Tag A: Here on end of wall 3 facing 9:00

Back, Recover, Step, Step, ½ Turn, Step, Step, ½ Turn, Step, Rock Recover.

- 2&3 Step Back Onto L, Recover Weight Onto R, Step Forward Onto L.
- 4&5 Step Forward Onto R, Pivot ½ L Onto L, Step Forward Onto R.
- 6&7 Step Forward Onto L, Pivot ½ R Onto R, Step Forward Onto L.
- 8& Rock Forward Onto R, Recover Weight Onto L.

Tag B: Hip Sways R, L , R, L.

- 1-2 Step R To R Side, Step L To L Side.
- 3-4 Step R To R Side, Step L To L Side.

Have fun and dance with a smile ;0)

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