

Can't Say No

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Ann-Kristin Sandberg (NOR) - November 2012
音乐: Down for Whatever (feat. The WAV.s) - Kelly Rowland : (Album: Here I am - iTunes)



Start dancing on vocals: (there's no)PLACE.

Rock step-Sailor-Rock step-1/2 turn chasse

1-2 Rock right foot to right side, Recover onto left
3&4 Cross right foot behind left, Step left foot to left side, Step right foot to right side
5-6 Rock left foot forward, Recover onto right
7&8 ½ turn left stepping left foot forward (06.00), Step right beside left, Step left foot forward

Toe strut-Kickball step-Rock step-1/4 turn Chasse

1-2 Touch right toe forward, Heel down
3&4 Kick left foot forward, Step left foot beside right, Step right foot forward
5-6 Rock left foot forward, Recover onto right
7&8 ¼ turn left stepping left to left side (03.00), Step right foot beside left, Step left foot to left side

Cross-1/4 turn-1/4 turn-Cross-Step-Side-Cross

1-2 Cross right foot in front of left, ¼ turn right stepping left foot back (06.00)
3-4 ¼ turn right stepping right foot to right side (09.00), Cross left foot in front of right
5-6 Step right foot to right side, Left foot beside right
7&8 Step right foot to right side, Step left foot beside right, Cross right in front of left

Step-1/4 turn-Shuffle-Step-Pivot ¼ turn-Sway hips

1-2 Step left foot to left side, Step right foot beside left
3&4 ¼ turn left stepping left foot forward (06.00), Step right beside left, Step left foot forward
5-6 Step right foot forward, Pivot ¼ turn to left (03.00)
7-8 Sway right hip to right, Sway left hip to left (ending weight on left foot)

Start again & enjoy!

Contact: anne88@online.no