

Can't Rely On You

COPPER KNOB
STEPSHEETS

拍数: 80 墙数: 2 级数: Advanced
编舞者: Darren Bailey (UK), Raymond Sarlemijn (NL) & Roy Hadisubroto (IRE) - April 2014
音乐: Can't Rely On You - Paloma Faith



Side, Cross Rock, Recover, Step back, Behind, Side, Cross 1/4 turn L, Step, Sweep 3/4 turn L.

- 1 Step Rf to R side
- 2&3 Cross rock Lf over Rf, recover onto Rf, Step diagonally back on Lf
- 4&5 Step back on Rf, close Rf next to Lf, make a 1/4 turn L and step forward on Rf
- 6-7 Step forward on Lf, closing Rf next to Lf make a 3/4 turn L and sweeping Lf out to finish

Sailor L, Hold x2, Close, Close, Side, Cross, Side, Back 1/4 turn L .

- 8&1 Cross Lf behind slightly behind Rf, close Rf next to Lf, step Lf to L side
- 2-3 Hold, Hold
- 4&5 Step Rf next to Lf, Step Rf next to Lf, Step Rf to R side
- 6&7 Cross Lf over Rf, step Rf to R side, make a 1/4 L and step back on Lf

Travelling 1/2 turn L, Side step and hip rolls x2 making two 1/4 turns L, 1/4 L, Full turn Spiral L, Step forward.

- 8&1 Step back on Rf, Make a 1/2 turn L and step forward on Lf, Step forward on Rf and start to Roll hips Anti clockwise
- 2 Complete full rotation of hips making a 1/4 turn L (Weight finishes on Lf)
- 3-4 Step forward on Rf and start to Roll hips Anti clockwise, complete full rotation of hips making a 1/4 turn L (Weight finishes on Lf)
- 5 Make a 1/4 L and step forward on Rf
- 6-7 Make a full spiral turn L, step forward on Lf

Lock, Step back, Syncopated Locks steps back, 1/4 turn R into Sway x3.

- 8-1 Lock Rf in front and across Lf, step back on Lf
- 2&3& Step Rf diagonally back R, cross Lf over Rf, step back on Rf, step Lf diagonally back L
- 4&5 Cross Rf over Lf, step back on Lf, make a 1/4 turn R step Rf to R side (swaying hips to R)
- 6-7 Sway hips L, sway hips R

L Lock forward, Syncopated High lock, Full turn L, Hold x2.

- 8&1 Make a 1/4 turn L and step forward on Lf, lock Rf behind Lf, step forward on Lf
- 8&2&3 Step forward on Rf (ball of foot), lock Lf behind Rf (ball of foot), step forward on Rf, step forward on Lf
- 4&5 Make a 1/2 turn L and step back on Rf, make a 1/2 turn L and step forward on Lf, Step Rf to R side
- 6-7 Hold, Hold

Side steps with chest pops, Cross Rock, Recover, Step back, Travelling 1/2 turn R.

- 8-1 Close Lf next to Rf, Step Rf to R side (chest pops on counts 8,&.)
- 2-3 Close Lf next to Rf, Step Rf to R side (chest pops on counts 8,&.)
- 4&5 Cross rock Lf over Rf, recover onto Rf, step diagonally back on Lf (open body to L)
- 6&7 Cross Rf over Lf, Step back on Lf to L diagonal, make a 1/2 turn R and step forward on Rf

Travelling 1/2 turn R with Drag, Step back, Coaster step L, Step, Lock.

- 8&1 Make a 1/4 turn R and step Lf to L side, make a 1/4 turn R and step back on Rf, Take a big step back on Lf
 - 2-3 Pull Rf towards Lf, step back on Rf
 - 4&5 Step back on Lf, close Rf next to Lf, step forward on Lf
- (The above counts 6&7 8&1 2-3 4&5 are all danced traveling to 7:30 'diagonal')

6-7 Step forward on Rf, lock Lf behind Rf

R Lock step, Cross, step back 1/4 turn L, Chasse L, Hold x2.

8&1 Step forward on Rf, lock Lf behind Rf, step forward on Rf

(6-7 8&1 are danced towards 1:30 diagonal)

2-3 Cross Lf over Rf, make a 1/4 turn L and step back on Rf

4&5 Step Lf to L side, close Rf next to Lf, step Lf to L side

6-7 Hold, Hold

Close, 1/4 turn R, Flick, Touch, Hold, Cross, Touch, Hold, Heel Swivel, Return, Hold, Chest pop, Hold.

8& Close Rf next to Lf, make a 1/4 turn R and step forward on Lf

1&2 Flick Rf behind Lf, touch Rf to R side, hold

3&4 Step forward on Rf, touch Lf to L side, hold

5&6 Swivel both heels to R, return heels to place, hold

7&8 Pop chest out, return chest to position, hold

Slow Cross with R leg, Slow full turn L, (weight ends on Lf).

1 Place weight onto Lf

2-3-4 Lift R leg and slowly cross in front of Lf

5-6-7-8 Unwind a full turn slowly placing weight onto Lf
