

Can't Stop

COPPER KNOB
STEPSHEETS

拍数: 116 墙数: 2 级数: Phrased Intermediate
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音乐: Can't Stop - CNBLUE



Sequence: AA,B,CCC,Tag1,AA,B,CCC,Tag2,B'CC

A-16 Counts (Slow)

[1-8] STEP R TO SIDE , BEHIND, SIDE, STEP L CROSS WITH SWEEP R, CROSS, 1/2 R TURN, STEP R SIDE, CROSS L & SWEEP R , CROSS R, L COASTER STEP

1,2& Step R to right(1), Step L behind R(2), Step R to right (&
3,4& Step L across right with Sweep R to forward(3), Step R across left(4), Making 1/4 right turn
Step L to back(&) (3:00)
5,6, Making 1/4 right turn Step R to side(5), Step L across right with Sweep R(6)(6:00)
7&8& Step R across left(7), Step L to back(&), Step R beside left(8), Step L to forward(&)

[9-16] STEP R, STEP L, PIVOT 1/2 R TURN, STEP L, STEP R, PIVOT 1/2 L TURN, STEP R & SWEEP L, CROSS, BACK, L BACK ROCK, RECOVER, STEP L , HITCH R

1,2& Step R to forward(1), Step L to forward(2), Pivot 1/2 right turn(weight on R)(&
3,4& Step L to forward(3), Step R to forward(4), Pivot 1/2 left turn(weight on L)(&
5,6& Step R to forward with Sweep L to forward(5), Step L across right(6), Step R to back(&
7& Rock L to Back(7), Recover R(&),
8& Step L to forward(8), Hitch R (&)(6:00)

(option) Hitch -> Full Turn

8& Step L to forward(8), Full turn right & Hook R (weight on L)(&)(6:00)

B-32 Counts

[1-8] STEP R, POINT L, BACK L, POINT R, 1/4 R TURN R SAILOR STEP, FORWARD L COASTER STEP

1,2,3,4 Step R to forward(1), Point L toe to left(2), Step L to back(3), Point R toe to right(4)
5&6, Step R behind left(5), Step L to left(&), Making 1/4 right turn Step R to forward(6)(3:00)
7&8 Step L to forward(7), Step R beside left(&), Step L to back(8)

[9-16] BACK RL , R COASTER STEP, MODIFIED LOCKS STEPS

1-2 Step R to Back(1), Step L to Back(2)
3&4 Step R to back(3), Step L beside right(&), Step R to forward(4)
5&6 Step L diagonally forward(5), Lock R behind left(&), Step L diagonally forward(6)
&7& Step R diagonally forward(&), Lock L behind right(7), Step R diagonally forward(&)
8 Step L to forward(8)(3:00)

(option) Back Walk X 2 -> Full R Turn to back

1,2, Making 1/2 right turn Step R to forward(1), Making 1/2 right turn Step L to back(2)

[17-24] STEP R, POINT L, BACK L, POINT R, 1/4 R TURN R SAILOR STEP, FORWARD L COASTER STEP

1,2,3,4 Step R to forward(1), Point L toe to left(2), Step L to back(3), Point R toe to right(4)
5&6, Step R behind left(5), Step L to left(&), Making 1/4 right turn Step R to forward(6)(6:00)
7&8 Step L to forward(7), Step R beside left(&), Step L to back(8)

[25-32] BACK RL , R COASTER STEP, MODIFIED LOCKS STEPS, TOUCH L, 1/2 L TURN HITCH L

1-2 Step R to Back(1), Step L to Back(2)
3&4 Step R to back(3), Step L beside right(&), Step R to forward(4)
5&6 Step L diagonally forward(5), Lock R behind left(&), Step L diagonally forward(6)
&7 Step R diagonally forward(&), Touch L behind right(7),
8 Making 1/2 left turn HITCH L (12:00)

(option) Back Walk X 2 -> Full R Turn to back

1,2, Making 1/2 right turn Step R to forward(1), Making 1/2 right turn Step L to back(2)

C-32 Counts

[1-8] BEHIND, SIDE, L CROSS SHUFFLE, 1/4 R TURN STEP R, STEP L, PIVOT 1/4 R TURN, CROSS L

- 1,2 Step L behind right(1), Step R to right(2)
3&4 Step L across right(3), Step R to right(&), Step L across right(4)
5,6 Making 1/4 right turn Step R to forward(5), Step L to forward(6)(3:00)
7,8 Pivot 1/4 right turn L (weight on R)(7), Step L across right (8)(6:00)

[9-16] □ R VINE 2, 1/2 MONTEREY TURN R, L MAMBO STEP

- 1,2 Step R to right (1), Step L behind right(2)
3,4 Point R toe to right(3). Turning 1/2 right Step R beside left(4)
5,6 Point L toe to left(5). Touch L beside right(6)
7,8 Rock L to back(7), Recover R beside left(&), Step L to forward(8)(6:00)

[17-24] MODIFIED DIAGONAL STEPS

- 1 .2 □ Making 5/8 left turn Step R diagonally back(1), Touch L beside right(2)(4:30)
3,4 Step L forward(3), Touch R beside left(4)
5 .6 □ Making 5/8 left turn Step R diagonally back(5), Touch L beside right(6)(10:30)
7,8 Step L forward(7), Touch R beside left(8)

[25-32] BALL CHANGE CROSS L, 1/2 L TURN BACK R, 1/4 L TURN SIDE L, POINT R, FULL TURN, BALL CHANGE CROSS L, R SIDE

- &1,2 Ball Change to R (&), Making 1/2 right turn Step L to forward(1)(1:30), Making 1/2 left turn Step R to back(2)(7:30)
3,4 Making 1/4 left turn Step L to left (3), Point R toe to right(4)(4:30)
5,6 Making 1/4 right turn Step R to forward(5), Making 1/2 right turn Step L to back(6)(1:30)
&7,8 Making 3/8 right turn Step R to diagonally right(&), Step L across right(7), Step R to □right(8)(6:00)

(easy option) Full Turn-> Walk X 2

- 5,6 Step R to forward(5), Step L to forward(6)
&7,8 Making 1/8 left turn Step R to diagonally right(&), Step L across right(7), Step R to □right(8)(6:00)

Tag1- 4 Counts

- 1-3 Hold(weight on R)
4 Making 1/2 left turn Step L to forward(12:00)

Tag2- 8 Counts from (6:00) wall

- 1-7 Hold(weight on R)
8 Making 1/2 left turn Step L to forward(12:00)

B'-24 Counts

[1-8] Night Club Basic RLR, Big Step L to left, 1/4 R turn & Back Rock Recover

- 1,2& Big Step R to right(1), Rock L behind right(2), Recover R(&)
3,4& Big Step L to left(3), Rock R behind left(4), Recover L(&)
5,6& Big Step R to right(5), Rock L behind right(6), Recover R(&)
7,8& Big Step L to left(3), Making 1/4 right turn Rock R to back(4), Recover L(&)(3:00)

[9-24] counts are the same as B[17-32].

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