

Can't Help

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 2 級數: Beginner - Single or Contra
編舞者: Rhoda Lai (CAN) - September 2014
音樂: Can't Help - Parachute : (3:24)



This dance can be done as a 2-wall line dance or a contra dance with hand gestures making it more fun to do so.

Intro: 40 counts

Contra starting position:

Dance starts with lines facing each other and 3 feet apart. The third row of dancers should be 3 feet apart from the second row in order to have interactions between rows.

S1: □(L Side, R Tap; R Side, L Touch/Clap Clap)x 2

12 step L to the side; tap R toe far behind L while bending L knee snapping fingers downward with right hand
3&4 step R to the side, touch L next to R and clap, clap
56 repeat 12
7&8 repeat 3&4

S2: □L Shuffle Fwd, R Mambo 1/2 R, L Shuffle Fwd, R Fwd Pivot 1/2 Step

1&2 step L fwd, step R next to L, step L fwd
3&4 rock fwd R (Contra: touching each other's R hand with a light push), recover onto L, 1/2 R stepping R fwd
5&6 step L fwd, step R next to L, step L fwd
7&8 step R fwd (Optional: you'll be facing another dancer, Hi five with each other), 1/2 L step L fwd, step R fwd

S3: □ L Shuffle Fwd, R Shuffle Fwd, L Cross-side-back, R Back-side-cross

1&2 step L fwd, step R next to L, step L fwd (start passing your partner on your right shoulder)
3&4 step R fwd, step L next to R, step R fwd
5&6 cross L over R, step R the side, step L back (same Optional Hi five gesture when you meet your friend!)
7&8 step back R, step L to the side, cross R over L

S4: □ L Side Rock, L Cross Rock, L Sailor 1/2 L, (R Bump Hip /L Arm Up) X2

12 rock L to the side (push L hip out), recover onto R
34 cross L over R, recover onto R
5&6 step L behind R, 1/2 L step R slightly to the side, step L next to R
78 bump hip to the R twice while raising L arm up twice

Contact: rhoda_eddie@yahoo.ca - 1(647) 295-3833 - www.laidance.net