

Can't Help My Heart

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Bobby Houle (CAN) - July 2015
音樂: I Can't Help My Heart by Will Chase & Laura Benanti



[1-7] □ Right Forward, Step, Pivot Step, Back Lock Step, Diagonal Rock Step Cross

1-2&3 Right forward, left forward, pivot ½ turn right, on ball of right ½ turn right, left foot back
4&5 Right back diag. right, left lock in front of right, right back diag.
6&7 Rock left back diag. Left, return on right, left cross slightly in front of right

[8-15] □ Jazz Box ½ Turn Right, Rock Back, Side, Rock Back, Rock Forward Step Back, ½ Turn Right, Right Left Forward, Pivot ½ Turn Right

8&1 Right cross in front of left, left foot back ½ turn right, step to right
2&3 Rock left behind right, return on right foot, step to left
4&5 Rock right behind left, return on left foot, rock right forward
6&7& Return on left back(6), on ball of left ½ turn right, right forward(&), left forward(7), pivot ½ turn right(&)

[16-23] □ Run (x3), Step Pivot 3/8 Turn Left, Forward, ½ Turn Right, Run Back (L,R,L), Rocking Chair

8&1 Left right left forward
2&3 Right forward, pivot 3/8 turn left (facing 1:30), right forward
4&5 On ball of right ½ turn right (facing 7:30), left right left backward
6&7& Rock right back(6), left in place(&), rock right forward(7), left in place(&)

[24-32] Coaster Step, Left Forward, Side Rock Step 1/8 Left, Together ½ Turn Right, Step Right Left, Rock Step 1 ¼ Triple Right

8&1 Right back, left beside right, right forward
2-3&4& Left forward(2), rock right to right(3), return to left(&), right forward 1/8 turn right(4) (6 o'clock), on ball of right make 1/2 turn right left beside right weight on left (&)
5-6 Right left forward
7&8&1 Rock right forward(7), return back on left(&), triple in place 1¼ turn right, right left right(8&1), the last step right of the triple is the first step of the beginning of the dance (3 o'clock)

Restart 1 : You do the dance twice. You're in the 6 o'clock wall. You do the first 16 counts and begin again. Now your on 12 o'clock.

Restart 2 : You do the dance 4 other times. You're on the 6 o'clock wall. You do the first 24 counts. Your facing (1:30) and you do the coaster step and begin again on 12 o'clock.
Enjoy!

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