

Can't Say No

拍數: 64 牆數: 2 級數: High Intermediate
編舞者: Maria Maag (DK) - November 2015
音樂: Can't Say No - Olly Murs : (Album: Never been better - 3:10)



Intro: 16 counts from first beat

Note: NO TAGS NO RESTARTS

[1 – 8] □ Walk fw. R ¼ turn R step L to L, back rock heel ball cross, ¼ turn L, shuffle ½ turn L □

1-2 Walk fw. R (1), turn ¼ R stepping L to L side (2) □ 03:00

3&4& Rock back R (3), recover L (&), tap R heel diagonally fw R (4), step R next to L (&) □ 03:00

5-6 Cross L over R (5), turn ¼ L stepping back R (6) □ 12:00

7&8 Turn ¼ L stepping L to L side (7), step R next to L (&), turn ¼ L stepping fw. L (8)

(Option : Triple turn 1 ½ L) □ 06:00

[9 – 16] □ Rock fw. R recover L ball step swivel swivel ½ turn R, point & point &, step ¼ turn L cross □

1-2& Rock fw. R (1), recover L (2), step R next to L (&) □ 06:00

3&4 Step fw. L (3), swivel R heel in and turn ¼ R (&), swivel L heel out and turn ¼ R (weight ends on L) (4) □ 12:00

5&6& Point R to R side (5), step R next to L (&), point L to L side (6), step L next to R (&) □ 12:00

7&8 Step fw. R (7), turn ¼ L stepping down L (&), cross R over L (8) □ 09:00

[17 – 24] □ Big step L hold, ball cross L over R step R to side, sailor ½ turn L, kick R ball ¼ R point L □

1-2 Take a big step L (1), drag R next to L (2) □ 09:00

&3-4 Step R next to L (&), cross L over R (3), step R to R side (4) □ 09:00

5&6 Cross L behind R (5), turn ¼ L stepping R to side (&), turn ¼ L stepping fw. L (6) □ 03:00

7&8 Kick R fw. (7), turn ¼ R stepping down R (&), point L to L side (8) □ 06:00

[25 – 32] □ Rolling vine with chasse L, Jazz box R side rock R recover L as you bump L hip slightly diagonally back L and you flex R foot, □

1-2 Turn ¼ L stepping down L (1) make a ½ turn L stepping back R (2) □ 09:00

3&4 Turn ¼ L stepping L to L side (3), step R next to L (&), step L to L side (4) □ 06:00

5-6 Cross R over L (5), step back L (6) □ 06:00

7-8 Rock R to R side (7), recover L as you bump your L hip slightly diagonally back L and you flex your R foot (8) □ 06:00

[33 – 40] □ Sailor R, sailor ¼ turn L Stomp R fw. Swivel R heel R, recover, small hitch R, coaster back R □

1&2 Cross R behind L (1), step L to L side (&), step R to R side (2) □ 06:00

3&4 Cross L behind R (3), turn ¼ L stepping R to R side (&), step fw. L (4) □ 03:00

5&6& Place R fw. (5), swivel R heel R (&), swivel R heel back to center (weight on L) (6), small hitch R (&) □ 03:00

7&8 Step back R (7), step L next to R (&), step R fw. (8) □ 03:00

[41 – 48] □ Step fw. L turn ½ L stepping back R, back rock L side L, behind ¼ turn L small step fw. R, swivel both heels R recover L, ball step fw. L □

1-2 Step fw. L (1), make a ½ turn L stepping back R (2) □ 09:00

3&4 Back rock L (3), recover R (&), step L to L side (4) □ 09:00

5&6 Cross R behind L (5), turn ¼ L stepping down L (&), small step fw. R (6) □ 06:00

&7&8 Swivel both heels R (&), recover L (weight on L) (7), step R next to L (&), step fw. L (8) 06:00

[49 – 56] □ Step ½ turn L, shuffle ½ turn L with L sweep, behind ¼ R, touch step, back rock R recover L □

1-2 Step fw. R (1), make a ½ turn L stepping down L (2) □ 12:00
3&4 Turn ¼ L stepping R to R side (3), step L next to R (&), turn ¼ L stepping back R and sweep L back (4) □ 06:00
5-6 Cross L behind R (5), turn ¼ R stepping down R (6) □ 09:00
&7-8& Touch L next to R (&), step L to L side (7), back rock R (8), recover L (&) □ 09:00

[57 – 64] □ Step R with hip roll R touch L next to R, kick ball cross, turn ¼ R, ½ turn R, shuffle fw. L □

1-2 Step R to R side with hip roll from L ccw to R (1), touch L next to R (2) □ 09:00
3&4 Kick L diagonally fw. L (3), step L next to R (&), cross R over L (4) □ 09:00
5-6 Turn ¼ R stepping back L (5), make a ½ turn R stepping fw. R (6) □ 06:00
7&8 Step fw. L (7), step R next to L (&), step fw. L (8) □ 06:00

Ending: □ On wall 6 after 32 counts (facing 12:00) recover R, on count 1...The End

Have Fun And Enjoy...:-)

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