

Can't Sleep Without You

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Carol Cotheman (USA) - October 2016
音樂: Sleep Without You - Brett Young



#24 Count Intro. - 2 Restarts

Wizard Steps, Syncopated Rock, Rock, Recover

- 1-2& 3-4& Step right forward to right diagonal (1), lock left behind right (2), step right to right diagonal (&), step left forward to left diagonal (3), lock right behind left (4), step left to left diagonal (&)
- 5-6& 7-8 Rock right forward with slight hitch of left knee (5), recover to left (6), step on right ball beside left (&), rock left forward with slight hitch of right knee (7), recover to right (8)

Back, Back, ¼ Sailor Turn, Modified Rocking Chair, Triple Forward

- 1-2-3&4 Step left back with right knee pop, step right back with left knee pop, ¼ turn left stepping left behind right, step right beside left, step left in place (9:00)
- 5&6&7&8 Rock right heel forward, recover to left, rock right ball back, recover to left, step right forward, step left beside right, step right forward

Step ½, Triple forward, ½ Triple Turn, ½ Turn, Step

- 1-2-3&4 Step left forward, ½ turn right taking weight to right, step left forward, step right beside left, step left forward (add hips on triple forward for styling.) (3:00)
- 5&6-7-8 ½ Turn left stepping right, left, right (add hips for styling), ½ turn left stepping left forward, step right forward

Vaudeville Step, Ball Step, Crossing Triple, Rock, Recover, Behind, Side, Crossing Triple

- 1&2&3&4 Cross left over right, step right slightly back, touch heel to left diagonal, step left ball in place, cross right over left, step left ball to left, cross right over left
- 5&6&7&8 Rock left to side, recover to right, step left behind right, step right to side, cross left over right, step right ball to side, cross left over right (3:00)

REPEAT

Restarts:-

Wall 3 after 8 counts facing 6:00, add "&" count stepping on left ball and restart.

Wall 7 after 4& counts facing 3:00, restart.

To end facing 12:00: On the final wall, you will dance the first 8 counts of the dance facing 9:00.

Change counts 7-8 to "step left forward, pivot ¼ turn right stepping on right".