

Can't Go On

拍數: 64 牆數: 2 級數: Improver
編舞者: Gary Spurway (UK) - May 2017
音樂: I Can't Go On - Robin Bengtsson : (Sweden Eurovision 2017)



section 1: Charleston step x2 ,

1- 4 step forward on right , point left forward, step left back , point right back
5- 8 step forward on right , point left forward, step left back , point right back

section 2: paddle round ,side touch side touch

1-4 paddle a full turn round to the left using right foot
5 -6 step right to side and tap left next to right
7- 8 step left to side and tap right next to it

section 3: slide to the right and left

1-4 big step to right and slide left next to it
5-8 big step to left and slide right next to it

***Be aware for Tags and Restarts here: see below for details**

section 4: walk right, left, right, kick ,back left ,right , left ,tap right

1-4 walk forward right ,left ,right and kick left forward
5-8 walk back left ,right ,left and step right slightly apart from left

section 5: hips to the right ,hips to the left ,and circle hips in circle

1-2 hip bumps right
3-4 hip bumps left
5-8 roll your hips in full circle

section 6: point to right ,left ,step half turn , walk walk

1&2 do a ¼ turn left as u point right forward and return to position
3&4 do a ¼ turn right as u point left forward and return to position
5-6 step forward on right and do ½ turn
7-8 walk forward right, left

section 7: kick ball change x2 shuffle back coaster step

1&2 kick right forward ,right back ,recover weight on left
3&4 kick right forward ,right back ,recover weight on left
5&6 step right back ,left next to it , and right back
7&8 step left back ,right next to it ,left forward

section 8: kick ball change x2 shuffle forward mambo forward

1&2 kick right forward ,right back ,recover weight on left
3&4 kick right forward ,right back ,recover weight on left
5&6 step right forward ,left next to it ,right forward
7&8 rock forward on left ,recover weight on right, left next to right

Sorry for all the Tags and Restarts, they are not as bad as it looks.

wall 1 do four toe struts right left, right left after section 3....

wall 2 normal

wall 3 do four toe struts right left,right left after section 3 then Restart

wall 4 do just 2 toe struts right and left

wall 5 normal

Finish facing front wall after the paddle rounds in section 2.

Contact: ginger1701@yahoo.com
