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拍數: 152 牆數: 1 級數: Phrased Intermediate
編舞者: Roberto Bresciani (IT) - June 2017
音樂: You Can't Go Back - Hal Ketchum



Sequence: Starting after 8 count; Introduction; A1; Tag; A1; B; A; B; A; A; A; A

INTRODUCTION

(S1) Step Right, Scuff Left, Step Left, Scuff Right (Repeat Twice)

1-2 Step Right forward, Scuff Left Beside Right
3-4 Step Left Forward, Scuff Right Beside Left
5-6 Step Right Forward, Scuff Left Beside Right
7-8 Step Left Forward, Scuff Right Beside Left

(S2) Step Right, Pivot 1/2 Left, Step Right, Hold, Step Left, Pivot 1/2 Right, Step Left, Hold

1-2 Step Right Forward, Pivot 1/2 Turn Left
3-4 Step Right Forward, Hold
5-6 Step Left Forward, Pivot 1/2 Turn Right
7-8 Step Left Forward, Hold

(S3) Step Right Side, Stomp Up, Step Left Side, Stomp Up, Rock Recover Back Right, Stomp, Hold

1-2 Step Right to the Right Side, Stomp Up Left Beside Right
3-4 Step Left to the Left Side, Stomp Up Right Beside Left
3-4 Jumping Rock Back on Right and Kick Left Forward, Return Onto Left
5-6 Stomp Right Beside Left, Hold

PART (A1)

(S1) Lock Forward Right, Stomp, Swivel Right, Stomp

1-2 Step Right Forward, Lock Left Behind Right
3-4 Step Right Forward, Stomp Left Beside Right
5-6 Fan Right Heel To Right Side, Fan Right Toe To Right Side
7-8 Fan Right Heel To Right Side, Stomp Left Behind Right

(S2) Rock Recover Right Side, Turn 1/2 Right, Scuff, Lock Forward, Hold

1-2 Step Right To Right Side, Return Onto Left
3-4 Turn 1/2 Right, Scuff Left Beside Right
5-6 Step Left Forward, Lock Right Behind Left
7-8 Step Left Forward, Hold

(S3) Swivel Left Side, Stomp Up, Rock Recover Right Side, Turn 1/2 Right, Scuff

1-2 Fan Left Heel To Left Side, Fan Left Toe To Left Side
3-4 Fan Left Heel To Left Side, Stomp Up Right Beside Left
5-6 Step Right To Right Side, Return Onto Left
7-8 Turn 1/2 Right, Scuff Left Beside Right

(S4) Grapevine Left, Scuff, 2 Scoot, 2 Stomp

1-2 Step Left To Left Side, Cross Right Behind Left
3-4 Step Left To Left Side, Scuff Right Beside Left
5-6 Jump Forward On Left Foot While Hitching Other Knee (twice)
7-8 Stomp Right, Stomp Left Beside Right

(S5) Monterey 1/2 Turn Right, Stride, Drag, Stomp, Hold

1-2 Touch Right Toe To Right Side, Turn 1/2 Right on Left Stepping Right Beside Left

- 3-4 Touch Left Toe To Left Side, Step Left Beside Right
- 5-6 Stride Back Right, Drag Left
- 7-8 Stomp Left Beside Right, Hold

(S6) 2 Heel, 2 Touch, 2 Heel Strutt

- 1-2 Heel Right Forward, Heel Left Forward
- 3-4 Touch Right Beside Left, Touch Right To Right Side
- 5-6 Step Right Heel Turn 1/4 Right, Drop Right Toe
- 7-8 Step Left Heel Forward, Drop Left Toe

(S7) Rock Recover Right, Turn 1/4 Right, Scuff, Cross and Jumping Kick, 2 Stomp

- 1-2 Step Right Forward, Return Onto Left
- 3-4 Step Turn ½ Right, Scuff Left Beside Right
- 5-6 Cross Left Over Right, Jumping Back On Right And Kick Left Forward
- 7-8 Stomp Left, Stomp Up Right Beside Left

PART (A)

(S1) Lock Forward Right, Stomp, Swivel Right, Stomp

- 1-2 Step Right Forward, Lock Left Behind Right
- 3-4 Step Right Forward, Stomp Left Beside Right
- 5-6 Fan Right Heel To Right Side, Fan Right Toe To Right Side
- 7-8 Fan Right Heel To Right Side, Stomp Left Behind Right

(S2) Rock Recover Right Side, Turn 1/2 Right, Scuff, Lock Forward, Hold

- 1-2 Step Right To Right Side, Return Onto Left
- 3-4 Turn 1/2 Right, Scuff Left Beside Right
- 5-6 Step Left Forward, Lock Right Behind Left
- 7-8 Step Left Forward, Hold

(S3) Swivel Left Side, Stomp Up, Rock Recover Right Side, Turn 1/2 Right, Scuff

- 1-2 Fan Left Heel To Left Side, Fan Left Toe To Left Side
- 3-4 Fan Left Heel To Left Side, Stomp Up Right Beside Left
- 5-6 Step Right To Right Side, Return Onto Left
- 7-8 Turn 1/2 Right, Scuff Left Beside Right

(S4) Grapevine Left, Scuff, 2 Scoot, 2 Stomp

- 1-2 Step Left To Left Side, Cross Right Behind Left
- 3-4 Step Left To Left Side, Scuff Right Beside Left
- 5-6 Jump Forward On Left Foot While Hitching Other Knee (twice)
- 7-8 Stomp Right, Stomp Left Beside Right

(S5) Monterey 1/2 Turn Right, Stride, Drag, Stomp, Hold

- 1-2 Touch Right Toe To Right Side, Turn 1/2 Right on Left Stepping Right Beside Left
- 3-4 Touch Left Toe To Left Side, Step Left Beside Right
- 5-6 Stride Back Right, Drag Left
- 7-8 Stomp Left Beside Right, Hold

(S6) 2 Heel, 2 Touch, 2 Heel Strutt

- 1-2 Heel Right Forward, Heel Left Forward
- 3-4 Touch Right Beside Left, Touch Right To Right Side
- 5-6 Step Right Heel Turn 1/4 Right, Drop Right Toe
- 7-8 Step Left Heel Forward, Drop Left Toe

(S7) Rock Recover Right, Turn 1/4 Right, Scuff, Cross and Jumping Kick, 2 Stomp

- 1-2 Step Right Forward, Return Onto Left

- 3-4 Step Turn ½ Right, Scuff Left Beside Right
- 5-6 Cross Left Over Right, Jumping Back On Right And Kick Left Forward
- 7-8 Stomp Left, Stomp Up Right Beside Left

(S8) 2 Pigeon, Rock Recover Back Right, Stomp, Hold

- 1-2 Fan Toes Out, Fan Toes In
- 3-4 Fan Heels Out, Fan Heels In
- 5-6 Jumping Rock Back on Right and Kick Left Forward, Return Onto Left
- 7-8 Stomp Right Beside Left, Hold

PART (B)

(S1) Right Heel Grind, Hook, Scuff, Grapevine Right, Point

- 1-2 Right Heel Diagonally Forward, Fan Right Toe To Right Side
- 3-4 Hook Back Right, Scuff Diagonally Right
- 5-6 Step Right To Right Side, Cross Left Behind Right
- 7-8 Step Right To Right Side, Point Left To Left Side

(S2) Full Turn To Left, Stomp, Left Heel Grind, Stomp, Hold

- 1-2 Step Turn 1/4 Left, Step Turn 1/4 Right
- 3-4 Step Turn 1/2 Left, Stomp Up Right Beside Left
- 5-6 Step Left Heel Beside Right, Fan Left Toe To Left Side
- 7-8 Stomp Right Beside Left, Hold

(S3) 2 Toe Strutt Back, Slow Coaster Step Left, Hold

- 1-2 Step Left Toe Back, Drop Left Heel
- 3-4 Step Right Toe Back, Drop Right Heel
- 5-6 Step Left Back, Step Right Beside Left
- 7-8 Step Left Forward, Hold

(S4) Jazz Box Turn 1/4 Right With Toe Struts

- 1-2 Cross Right Toe Over Left, Drop Right Heel
- 3-4 Step Left Diagonally Back, Drop Left Heel
- 5-6 Step Right Toe 1/4 Right, Drop Right Heel
- 7-8 Step Left Toe Beside Right, Drop Left Heel

(Optional: Two Stomp Up Right Beside Left On Count After S4 in Part B)

TAG

(S1) Stomp, Swivel Right, Stomp, Swivel Left

- 1-2 Stomp Right, Fan Right Toe to Right Side
- 3-4 Fan Right Heel to Right Side, Fan Right Toe to Right Side
- 5-6 Stomp Left Beside Right, Fan Left Toe to Left Side
- 7-8 Fan Left Heel to Left Side, Fan Left Toe to Left Side

(S2) 2 Pivot 1/2 Turn Left, Rock Recover Back Left, Stomp, Hold

- 1-2 Stomp Right, Fan Right Toe to Right Side
- 3-4 Fan Right Heel to Right Side, Fan Right Toe to Right Side
- 5-6 Jumping Rock Back on Left and Kick Right Forward, Return Onto Right
- 7-8 Stomp Left Beside Right, Hold

Contact: robert.bresciani@tiscali.it
