

Can't Even Dance

COPPER KNOB
STEPSHEETS

拍數: 40 牆數: 2 級數: Intermediate
編舞者: Linda McCormack (UK) & Rachael McEnaney (USA) - May 2018
音樂: CAN'T DANCE - MEGHAN TRAINOR



Count In: Count In: 40 counts from start of track, start dancing at approx 23secs.

Notes: -

Tag 1: at the end of 1st wall (see notes) – 2nd wall begins facing 6.00

Tag 2: after 16 counts of 5th wall do Tag and then Restart (see notes) 6th wall begins facing 12.00

[1 – 8] R mambo, ¼ turn L side, R touch, R side, L 1/8 side, R fwd, ½ pivot L

- 1 & 2 Rock R forward (1), recover weight L (&), step back R (2) 12.00
3 4 Make ¼ turn left stepping L to left side (styling: begin to lift L arm up & over) (3), touch R next to L as you bring L hand to L hip/butt (4) 9.00
5 6 StStep R to right side pushing hips right as you put R hand on R hip/butt (5), make 1/8 turn left stepping L to left side (6) 7.30
7 8 Step R forward (styling begin rolling hips anti/counter clockwise) (7), pivot ½ turn left (continue hip roll) (8) 1.30

[9 – 16] Long lock step fwd, L fwd, ½ pivot R, ½ turning L lock step back, hold

- 1&2&3 Step R forward (1), lock L slightly behind R (&), step R forward (2), lock L slightly behind R (&), step forward R (3), 1.30
4 5 Step L forward (4), pivot ½ turn right (weight ends R) (5), 7.30
6 & 7 8 Make ½ turn right stepping back L (6), lock R over L (&), take big step back L (7), hold dragging R towards L (8) 1.30

TAG 2 & Restart

The 5th wall begins facing 12.00, do the first 16 counts of the dance – then do the last 8 counts of the dance (counts 33-40):

You will make 1/8 turn on count 1 (33) to face 3.00 to do those 8 counts. Then restart the dance facing 12.00

[17 – 24] Heel jack, syncopated side touch's R-L with 1/8 turn L, R side, L flick, L side, hip bumps R-L-R

- & 1 & 2 Step R back (&), touch L heel forward (1), step L in place (&), touch R next to L (2) 1.30
& 3 & 4 Step R to right side (&), touch L next to R (3), make 1/8 turn left stepping L to left side (&), touch R next to L (4) 12.00
5 6 Step R to right side (pushing hips right for styling) (5), step L to left side (pushing hips left for styling) (6) 12.00
7 & 8 Bump hips right (7), bump hips left (&), bump hips right (taking weight R) (8) 12.00

[25 – 32] L close, toe switch R-L, L sailor with ¼ turn L, R cross rock, ¼ R, ½ R stepping back L

- & 1 & 2 Step L next to R (&), point R to right side (1), step R next to L (&) point L to left side (2) 12.00
3 & 4 Cross L behind R (3), make ¼ turn left stepping R next to L (&), step L to left side (4) 9.00
5 6 7 8 Cross rock R over L (5), recover weight L (6), make ¼ turn right stepping forward R (7), make ½ turn right stepping back L (8) 6.00

[33 – 40] ¼ R side, L point, hold, ¼ L fwd, R fwd spiral turn L, L fwd, R fwd, L hitch, hold, L back, R close, L fwd

- 1 & 2 Make ¼ turn right stepping R to right side (1), point L to left side (&), hold (2) 9.00
& 3 4 Make ¼ turn left stepping forward L (&), step forward R as you make full spiral turn left (weight ends R) (3), step forward L (4) 6.00
5 & 6 Step forward R (5), hitch L knee forward (&), hold (6) 6.00
& 7 8 Step back L (&), step R next to L (styling: add a back body roll) (7), step L forward (8) 6.00

TAG 1 R fwd, ½ pivot turn L, camel walks R-L. Repeat

1 2 3 4 Step forward R (1), pivot ½ turn left (2), step forward R as you pop L knee forward (3), step forward L as you pop R knee forward (4) 12.00

5 6 7 8 Step forward R (5), pivot ½ turn left (6), step forward R as you pop L knee forward (7), step forward L as you pop R knee forward (8) 6.00

START AGAIN ☺ HAVE FUN

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