

Can't Get Enough

拍數: 32 牆數: 2 級數: Improver
編舞者: Vanessa Johnston (CAN) - October 2018
音樂: Country Stuff (feat. High Valley) - Hunter Brothers



Intro: 32 counts, start with the lyrics. Weight starts on left foot.

Kick ball step, 2xHeel swivels ¼ turn Right, R Sailor step, L Sailor ¼ turn (over Right shoulder)

- 1&2 Kick Right foot forward (1), Step ball of Right beside Left (&), Step Left foot in place (2)
3&4& With weight on the balls of both feet, swivel both heels to the Left (3) then back to Centre (&), to the Left (4) then back to Centre (&), making a 1/4 turn over your Right shoulder (1/8 turn on each swivel, ending with your weight on the left foot)
5&6 Step Right foot behind Left (5), step Left foot beside Right (&), Step Right foot forward (6)
7&8 Step Left foot behind Right (7), step Right foot beside Left (&), Step Left foot forward making a ¼ turn over your Right shoulder (8) (you should now be facing 6 o'clock)

Heel Switches (R,L), Walk forward (R,L), Shuffle back (R,L,R), Coaster step (L,R,L)

- 1&2 Touch Right heel forward (1), Quickly step on Right (&) and touch Left heel forward (2),
&3,4 Quickly step onto Left foot (&) and walk forward Right (3) and Left (4)
5&6 Step backward Right (5), step together with Left (&), Step backward with Right (6)
7&8 Step Left foot back (7), step together with Right (&), step forward with Left (8)

Heel Jacks (Left foot, twice), Stomps (R,L), Double Knee Pops*

- 1&2 Touch Right toe beside Left (1), quickly Step onto Right foot (&) and touch Left heel forward (2)
&3&4 Quickly step onto Left foot (&) Touch Right toe beside Left (3), quickly Step onto Right foot (&) and touch Left heel forward (4)
&5,6 Quickly step onto Left foot (&), Stomp Right foot forward (5), Stomp Left foot beside Right (6)
&7&8 Twist both knees slightly inward towards each other while lifting both heels up, keeping your weight on the ball of both feet (&), straighten both knees & drop both heels back down (7), then twist both knees slightly inward towards each other/lifting both heels again (&) straighten both knees & drop both heels back down (8)

***Option: Do Heel Pops instead of the Knee Pops – raise & drop both Heels twice, keeping knees straight instead of twisting knees in.**

Shuffle Right, ¼ turn Shuffle Left, ¾ Paddle turn (over Left shoulder)

- 1&2 Step Right foot to the right side (1), Step Left foot together (&), Step Right foot to the right side (2)
3&4 Step Left foot to the left side making a ¼ turn over your left shoulder (3), Step Right foot together (&), Step Left foot to the left side (4)
5,6,7,8 Touch Right foot to right side (5), make 1/4 turn Left touching Right foot to right side (6), make 1/4 turn Left touching Right foot to right side (7), make 1/4 turn Left touching Right foot to right side (8) (ending with your weight on your Left foot, Right foot free to start again with the kick)

Contact countrysoulinedance@gmail.com with any questions!