Can't Let Go (Again)



拍數: 56 牆數: 1 級數: Phrased High Beginner

編舞者: Cheryl Levin (USA) - November 2019

音樂: Can't Let Go - Ashley Monroe: (Amazon.com)



Sequence: AB AB BA BBB

SECTION A

TOE TOUCHES, OUT, IN, OUT, HOLD, BACK, SIDE, TOGETHER, HOLD

1&2 & R touch out, R touch in, R touch out, hold

3&4 & R step behind L, L step to side, R step together, hold

TOE TOUCHES, OUT, IN, OUT, HOLD, STEP BACK, SIDE, TOGETHER, HOLD

5&6 & L touch out, L touch in, L touch out, hold

7&8, & L step behind R, R step to side, L step together, hold

SHUFFLE FORWARD, TOE, HEEL, TOE, HEEL

1&2 & Shuffle forward, (R, L, R), hold

3&4 & L toe heel forward, R toe heel forward

PIVOT TURN ½ TO THE RIGHT, V STEP, FORWARD STEPS ON HEELS

5&6 & L step, hold, pivot ½ turn to right, step on right

7&8 & L step out to front diagonally on heel, R step out diagonally on heel, L step back diagonally, R

step back diagonally

Repeat same steps with opposite foot (L) FACING BACK WALL (starting on left foot, touch out, in, out, hold, etc.

SECTION B

SIDE ROCK, RECOVER, CROSS, HOLD, SIDE ROCK, RECOVER, CROSS, HOLD

1&2 & R side rock, recover on L, cross R over L, hold 3&4 & L side rock, recover on R, cross L over R, hold

4 STEPS BACK, HEELS WITH CLAPS

R step back, L heel forward (with clap), L step back, R heel forward (with clap)
R step back, L heel forward (with clap), L step back, R heel forward (with clap)

SIDE, TOGETHER, FORWARD, SIDE, TOGETHER, FORWARD

1&2 & R step to side, L step together, R step forward, hold 3&4 & L step to side, R step together, L step forward, hold

2 ½ PIVOT TURNS

5&6 & Step on R and pivot ½ to left, hold 7&8 & Step on R and pivot ½ to left, hold

VINE RIGHT, WITH KICK, VINE LEFT WITH KICK

1&2 & Vine, right, left behind, right, kick left to left side3&4 & Vine, left, right behind, left, kick right to right side

TOE HEEL TOE HEEL, STEP BACK, STEP BACK, STEP FRONT, STEP FRONT

5&6& Right toe heel backwards, left toe heel backwards

7&8& Right step back, left step back, right step front, left step front

SEQUENCE: AB AB BA BBB

Any questions? cplevin@gmail.com Have fun dancing!

