

Can't Touch This!

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: YoungSoon Song (KOR) - October 2020
音樂: U Can't Touch This - MC Hammer



S1: ROCK, RECOVER, KICK, TOGETHER, ROCK, RECOVER, LOCK STEP FORWARD, KICK FORWARD HITCH WITH JUMP, RECOVER AND JUMP WITH HITCH, TOGETHER

1&2& RF Step Forward(1), LF Recover(&), RF Kick Forward(2), RF Together(&)
3-4 LF Step Forward(3), LF Recover(4)
5-6& RF Step Forward(5), LF Cross Behind(6), RF Step Forward(&)
7&8 LF Kick Forward Hitch with Jump(7), LF Recover and RF Jump with Hitch(&), RF Together(8)

S2: CHARLESTON STEP, BACKWARDS, SLIDE BACKWARDS, TOGETHER WITH BAND KNEE, OUT

1&2 LF Step Forward(1), RF Recover(&), LF Step Backwards(2)
3&4 RF Step Backwards(3), LF Recover(&), RF Step Forward(4)
5-6 LF Step Backwards(5), RF Slide Backwards(6)
7-8 BF Together with Band Knee(7), BF Jump with Step Out(8)

S3: BF Toe SWIVEL IN-OUT x4, BAND KNEE, CROSS, BAND KNEE, CROSS, Heel SWIVEL R

1&2& BF Swivel In(1), BF Swivel Out(&), BF Swivel In(2), BF Swivel Out(&)
3&4& BF Swivel In(3), BF Swivel Out(&), BF Swivel In(4)
5&6& BF Swivel Out with Band Knee(5), BF Knee Straight with Cross LF Forward and RF Backwards(&), BF Recover with Band Knee(6), BF Knee Straight with Cross RF Forward and LF Backwards(&)
7&8 BF Stay In Place and Band Knee(7), BF Swivel R(&), BF Recover(8)

S4: SIDE, TOUCH, VAUDEVILLE STEP, HITCH AND HIP BUMP R WITH 1/8 TURN L, HITCH AND HIP BUMP R WITH 1/8 TURN L

1-2 RF Step R(1), LF Touch Beside RF(2)
3-4& LF Step L(3), RF Cross Behind(4), LF Step L(&)
5&6 RF Heel Touch R(5), RF Together(&), LF Cross Over(6)
7&8& Weight on LF and 1/8 Turn L RF Hitch with Hip Bump R(10:30)(7), Keep Hitch and Hip Recover(&), Weight On LF and 1/8 Turn L RF Hitch with Hip Bump R(8)(9:00), Keep Hitch and Hip Recover(&)
