

Can't Help Me Now

COPPER **KNOB**
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Anne Herd (AUS) - January 2021
音樂: Can't Help Me Now - Rob Thomas : (Album: Chip Tooth Smile)



Restarts: 1 Restart, 1 Tag/Restart

Intro: Start 16 beats in weight on L.

BASIC NIGHT CLUB R, SIDE, BEHIND, 1/4 FWD. 1/4 L, BASIC NIGHT CLUB R, SIDE, BEHIND, 1/4 FWD.

1-2&3-4& Step R to side, Drag L slightly behind R, Rock back on L, Recover to R, Step L to Drag R stepping R behind L, Turn 1/4 L, Step fwd. on L (9:00)
5-6&7-8& Turn 1/4 L, Step R to side, Drag L slightly behind right, Rock back on L. Recover to R, Step L to side, Drag R behind L, Turn 1/4 L, Step fwd. on L - 3:00

SYNCOPATED ROCKING CHAIR, PIVOT 1/4, CROSS, SIDE BEHIND, 1/4 L, 1/4 HITCH, SWAY

1&2&3&4 Rock fwd. on R, Recover to L, Rock back on R, Recover to L, Step fwd. on R, Pivot 1/4 L, Cross R over L
5&6&7-8 Step L to side. Cross L behind R, Turn 1/4 L stepping fwd. on L, Hitch R knee as you turn a further 1/4 L, Step R to side as you sway R L - 6:00

(1st Restart here)

WALK FWD. FWD. ROCK, SIDE ROCK, BACK ROCK, CROSS UNWIND 3/4 L

1-2-3&4& Walk fwd. R L, Rock fwd. on R, Recover to L, Rock R to side, Recover to L.
5-6 Rock back on R, Recover to L.

(Tag and 2nd Restart go here)

&7-8 Step R beside L, Cross L behind R unwinding 3/4 L (take weight to L) 9:00

STEP, TOUCH 1 & 1/4 ROLLING VINE, MAMBO FWD. SWEEP BEHIND, SIDE, CROSS

1-2-3&4 Step R to side, Touch L beside R, Turn 1/4 L, Step forward on L, Turn 1/2 L stepping back on R, Turn 1/2 L stepping forward on L
5&6-7&8 Rock fwd. on R, Recover to L, as you step back on R, sweep L around behind R, Step L behind R, Step R to side, and Cross L over R

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Restart 1: On wall 3 dance, to count 16 and restart

Restart 2: On wall 6 dance to count 22 and add the following 6 count tag and restart

SIDE ROCK & CROSS UNWIND 1/2, ROCK BACK

1-2&3-4 Rock R to side, Recover to L, Step R beside L, Cross L over R turning 1/2 R (Take weight to L)
5-6 Rock back on R, Recover to L

ENDING: Dance to count 16 you will be facing 12:00 and step R beside L

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