

I Can Not Anymore

拍數: 32 牆數: 4 級數: Improver
編舞者: Silvia Schill (DE) - February 2021
音樂: Backseat Driver - Robert Counts



The dance begins with the vocals - 1 restart, 2 tag/restarts; (West Coast Swing)

S1: Rock forward, shuffle back, rock back, step-pivot ½ r-step

1-2 Step forward with right - weight back on LF
3&4 Step back with right - LF beside RF and step back with right
5-6 Step back with left - weight back on RF
7&8 Step forward with left - ½ turn right on both balls, weight at the end on right, and step forward with LF (6 o'clock).

S2: Walk 2, anchor step, back 2, shuffle back turning ½ l

1-2 2 steps forward (r - l)
3&4 Cross right behind left - step on the spot with left and small step back with right
5-6 2 steps back (l - r)
7&8 ¼ turn left and step left to left side - RF beside LF, ¼ turn left and step forward with left (12 o'clock)

Restart: In the 2nd round - towards 3 o'clock - break off here, dance the tag and start again.

Restart: In the 6th round - towards 6 o'clock - break off here and start again from the beginning

S3: Step, ½ turn l/hook, shuffle forward, step, kick, coaster step

1-2 Step forward with right - ½ turn left around on right ball / LF lift in front of right shin (6 o'clock).
3&4 Step forward with left - RF beside LF and step forward with left
5-6 Step forward with right - kick LF forward
7&8 Step back with left - RF beside LF and small step forward with left

Restart: In the 4th round - towards 12 o'clock - break off here, dance the tag and start again from the beginning

S4: Rock forward, shuffle in place turning full r (coaster step), rock forward, sailor step turning ¼ l

1-2 Step forward with right - weight back on LF
3&4 3 steps on the spot, doing a full turn right around (r - l - r)
5-6 Step forward with left - weight back on RF
7&8 Cross left behind right - turn ¼ turn left, RF beside LF and step forward with left (3 o'clock)

Repeat until the end

Tag - Step, pivot ½ l 2x

1-2 Step forward with right - ½ turn left on both balls of the feet, weight at the end left
3-4 Like 1-2

And don't forget to smile, because dancing is fun!

There is no guarantee for errors in the translation, content, spelling, etc.!

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