

Can't Stay Away

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Improver
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音樂: Can't Stay Away - Darin



Intro: 16 counts

[1-8] HEEL R, BALL, STEP L FWD, HIP ROLL DOWN BACK & UP, BACK L, ¼ TURN R, SIDE, STEP L FWD, ½ TURN R SHUFFLE

1&2 Heel RF fwd (1), Step RF next LF (&), Step LF fwd (2) 12H

3-4 Bend knees with a Hip roll back motion (3), Recover with a Hip roll forward motion (4) *

***Arms option : bend both arms with a circle motion, back, down (3), up and forward (like the wheels of a locomotive) ending with snaps of both hands (4)**

5&6 Step LF back (5), ¼ Turn to the R with RF to R (&), Step LF fwd (6) 12H/ 3H

7&8 ¼ Turn to the R with RF to R (7), Step LF next RF (&), ¼ Turn to the R with RF fwd (8) 6H /9H

[9-16] KICK L, BALL, SLIDE/TOUCH R, KICK R, BALL, SLIDE/TOUCH L, STEP L FWD, ½ TURN R, COASTER STEP PRESS

1&2 Kick LF fwd (1), Step LF slightly fwd (&), Slide/Touch RF side keeping bw on LF (2) 9H

3&4 Kick RF fwd (3), Step RF slightly fwd (&), Slide/Touch LF side keeping bw on RF (4)

5-6 Step LF fwd (5), ½ Turn to the R, bw on LF (6) 9H/3H

7&8 Step RF back (7), Step LF next RF (&), Step RF fwd slightly press, popping R shoulder forward (turning slightly your chest to the left) (8) 3h

[17-24] ¼ TURN L, CROSS SHUFFLE, OUT R, OUT L, APPLE JACK LRL (OR SWIVEL RLRR)

1&2 ¼ Turn to the L crossing LF over RF (1), Step RF to the R side (&), Cross LF over RF (2) 12H

3-4 Step RF fwd slightly to the R diagonal (3), Step LF to the L side (4)

5&6& Lift the LF Ball and RF Heel and turn the LF Ball and RF Heel to the left at the same time (5), Return Ball and Heel to the center (&), Lift the RF Ball and LF Heel and turn RF Ball and LF Heel to the right at the same time (6), Return Ball and Heel to the center (&) * 12H

7&8 Lift the LF Ball and RF Heel and turn the LF Ball and RF Heel to the left at the same time (7), Return to the center (&), One more time turn LF Ball and RF Heel to the left (8) * 12H

***Easy option : Swivel heel R inward (5), Recover (&), Swivel heel L inward (6), Recover (&), Swivel heel R inward (7), Recover (&), Swivel heel R inward (8)**

[25-32] CROSS BEHIND, HITCH OPEN L, BEHIND, ¼ TURN R, STEP L FWD, BRUSH R OUT, OUT L, HOLD, POP R KNEE IN, OUT

1-2 Cross RF behind LF (1), Hitch Left knee open (2) 12h

3&4 Cross LF behind RF (3), ¼ Turn to the R Stepping RF fwd (&), Step LF fwd (4) 12H/3H

5&6 Brush the floor with your R Ball (5) and Step RF slightly in the front R diagonal (&), Step LF slightly in the front L diagonal (6) 3H

7&8 Hold (7), Pop R knee inward (&), Pop R knee outward (8)

Tag : At the end of wall 2 and wall 6, always facing 6 H :

Step RF back (1), Step LF back near RF (2), Put your hands on your thighs, slightly bending your knees and pushing your chest to the right (3), Forward (4), to the Left (5), Return to the center to the starting position while standing up (6) (make a circular motion)

Final: Wall 10 : Dance until count 7 (Hold) of the 4th section, you will be facing the wall at 6 H, replace the counts &8 with a Bounce both heels (&), Jump Cross RF over LF with ½ Turn to the Left (8) to finish facing 12h 6H/12h

Note: fwd : forward - bw : Body weight

Source : this card is the original. If you have any question, do not hesitate to contact us :

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