

No Can Do

拍數: 32 牆數: 4 級數: Improver
編舞者: Chris Cleevely (UK)
音樂: I Can't Go For That (No Can Do) - Donny Osmond



TWIST, TWIST, TWIST RIGHT, TOUCH LEFT; TWIST, TWIST, TWIST LEFT, TOUCH RIGHT

- 1-2 Traveling right, on balls of left foot twist body to the right, weight on right, still traveling right, on balls of right foot twist body to the left, weight on right
- 3-4 Still traveling right, on balls of left foot twist body to the right, weight on right, turn left toes in & touch by right
- 5-6 Traveling left, on balls of right foot twist body to the left, weight on left, still traveling left, on balls of left foot twist body to the right, weight on right
- 7-8 Still traveling left, on balls of right foot twist body to the left, weight on left, turn right toes in & touch by left

TWIST RIGHT, TOUCH LEFT; TWIST LEFT, TOUCH RIGHT; ROCK, RECOVER; RIGHT SHUFFLE

- 9-10 On balls of left twist body to the right, weight on right, turn left toes in & touch by right
- 11-12 On balls of right twist body to the left, weight on left, turn right toes in & touch by left
- 13-14 Rock back on right, recover weight on left
- 15&16 Forward right shuffle, stepping right, left, right

STEP, ½ TURN RIGHT; FORWARD LEFT SHUFFLE; ½ TURN LEFT, BACK RIGHT SHUFFLE; ROCK, RECOVER

- 17-18 Step forward left, pivot ½ turn right
- 19&20 Forward left shuffle, stepping left, right, left
- 21&22 Making ½ turn left, shuffle back right, stepping right, left, right
- 23-24 Rock back left, recover right

ROCK, RECOVER; ROCK, ¼ TURN RIGHT; LEFT KICK BALL STEP; STEP LEFT & CLAP

- 25-26 Rock forward left, recover weight on right
- 27-28 Rock to left side, step ¼ turn right
- 29&30 Kick left foot forward, step on left, step forward on right
- 31-32 Step forward on left and clap twice

REPEAT