

# No Can Do

拍數: 96      牆數: 1      級數: Intermediate  
編舞者: Karen Jones (UK), Doug Miranda (USA) & Jackie Miranda (USA)  
音樂: I Can't Go For That (No Can Do) - Donny Osmond



## STEP BACK, DRAG, BALL, WALK RIGHT LEFT, RIGHT TAP, KNEE FAN, LEFT TAP, KNEE FAN

- 1-2      Right foot step back, drag left towards right
- &3-4      Step onto ball of left, walk forward right, walk forward left
- 5-6      Tap right toe next to left, fan right knee out to right (body angled towards right diagonal) (weight ends right)
- 7-8      Tap left toe next to right, fan left knee out to left (body angled towards left diagonal) (weight ends left)

## SKATE RIGHT, SKATE LEFT, SHUFFLE ¼ TURN RIGHT, SKATE ¼ LEFT, SKATE RIGHT, SHUFFLE ¼ TURN LEFT

- 1-2      Skate right, skate left (traveling slightly forward)
- 3&4      Shuffle right, left, right into a ¼ turn right
- 5-6      Make a ¼ turn left as you skate left, skate right (traveling slightly forward)
- 7&8      Shuffle left, right, left into a ¼ turn left (facing 9:00 wall)

## KICK FORWARD, KICK SIDE, SAILOR ½ TURN RIGHT, TOUCH FORWARD, TOUCH SIDE, LOCK STEP FORWARD

- 1-2      Kick right foot forward, kick right foot to right side
- 3&4      Sweep right foot around into a ½ turn right sailor step, stepping right behind left, step left to left side, step right to right side (you are now facing the 3:00 wall)
- 5-6      Touch left foot forward, touch left foot to left side
- 7&8      Lock step forward left, right, left

## ROCK FORWARD, RECOVER, TRIPLE ¾ TURN RIGHT, ROCK FORWARD, RECOVER, TRIPLE ½ TURN LEFT

- 1-2      Rock forward right, recover left
- 3&4      Make a ¾ triple step turn right stepping right, left, right (facing 12:00 wall)
- 5-6      Rock forward left, recover right
- 7&8      Make a ½ turn triple step left stepping left, right, left (facing 6:00 wall)

After you have danced through the dance twice, you will hear a change in mood and tempo when you get to here. You can eliminate the hip bumps and simply do the arm and hand movements to the music in a smooth motion, keeping everything the same but just eliminating the "bounce" of the hip bumps

## STEP RIGHT FORWARD AT AN ANGLE, HIP BUMPS, STEP LEFT AT SLIGHT ANGLE, HIP BUMPS INTO ¼ TURN LEFT

- 1-4      Step right forward at a slight angle and bump hips to right for 4 counts (weight ends right)  
**Styling: take right hand and arm, palm up and go from midsection extending the hand and arm from left to right side as you also move your body to the right**
- 5-8      Step left forward at a slight angle and bump hips to left into a ¼ turn left (weight ends left)  
**Styling: take left hand and arm, palm up and go from midsection extending the hand and arm from right to left side as you also move your body into a ¼ turn left**

## STEP FORWARD, ½ TURN LEFT, BACK COASTER STEP, STEP FORWARD, ½ TURN LEFT, BACK COASTER STEP

- 1-2      Step right forward, make a ½ turn left as you lean back on right (weight ends right)
- 3&4      Step back on left, step right next to left, step left forward (back coaster step)
- 5-6      Step right forward, make a ½ turn left as you lean back on right (weight ends right)
- 7&8      Step back on left, step right next to left, step left forward (back coaster step)

**STEP RIGHT FORWARD AT AN ANGLE, HIP BUMPS, STEP LEFT AT SLIGHT ANGLE, HIP BUMPS INTO ¼ TURN LEFT**

1-4 Step right forward at a slight angle and bump hips to right for 4 counts (weight ends right)

**Styling: take right hand and arm, palm up and go from midsection extending the hand and arm from left to right side as you also move your body to the right**

5-8 Step left forward at a slight angle and bump hips to left into a ¼ turn left (weight ends left)

**Styling: take left hand and arm, palm up and go from midsection extending the hand and arm from right to left side as you also move your body into a ¼ turn left**

**STEP FORWARD, ½ TURN LEFT, BACK COASTER STEP; STEP FORWARD, ½ TURN LEFT, SAILOR STEP**

1-2 Step right forward, make a ½ turn left as you lean back on right (weight ends right)

3&4 Step back on left, step right next to left, step left forward (back coaster step)

5-6 Step right forward, make a ½ turn left as you lean back on right (weight ends right)

7&8 Swing the left foot around into a left sailor step, stepping left behind right, step right to right side, step left to left side

**RIGHT SAILOR STEP, LEFT SAILOR STEP, ½ TURN LEFT, SIDE, BEHIND, SLIDE**

1&2 Right sailor step, stepping right behind left, step left to left side, step right to right side

3&4 Left sailor step, stepping left behind right, step right to right side, step left to left side

5-6 Step right forward, turn ½ turn left (weight ends forward on left)

7&8 Step right to right side, step left behind right, as you make a big step to right slide left slightly towards right

**LEFT SAILOR STEP, WEAVE LEFT, POINT SIDE, POINT BEHIND, STEP SIDE, ¼ TURN RIGHT, KICK**

1&2 Left sailor step, stepping left behind right, step right to right side, step left to left side

3&4 Step right behind left, step left to left side, cross right over left

5-6 Point left to left side, point left behind right while weight remains on right

**Styling note: as you point left to left side, swing arms to left side and then to right side as you point left behind right**

7-8 Step left back, make a ¼ turn right and kick right forward

**RIGHT SAILOR STEP, LEFT SAILOR STEP, ½ TURN LEFT, SIDE, BEHIND, SLIDE**

1&2 Right sailor step, stepping right behind left, step left to left side, step right to right side

3&4 Left sailor step, stepping left behind right, step right to right side, step left to left side

5-6 Step right forward, turn ½ turn left (weight ends forward on left)

7&8 Step right to right side, step left behind right, as you make a big step to right slide left slightly towards right

**LEFT SAILOR STEP, WEAVE LEFT, POINT SIDE, POINT BEHIND, ¼ TURN LEFT, KICK RIGHT FORWARD**

1&2 Left sailor step, stepping left behind right, step right to right side, step left to left side

3&4 Step right behind left, step left to left side, cross right over left

5-6 Point left to left side, point left behind right while weight remains on right

**Styling note: as you point left to left side, swing arms to left side and then to right side as you point left behind right**

7-8 Make a ¼ turn left as you step forward on your left (you are at the front or 12:00 wall), kick right foot forward

**REPEAT**

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