

# I've Fallen And Can't Get Up

**COPPERKNOB**  
BY STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: John Dembiec (USA)  
音樂: I Slipped and Fell In Love - Alan Jackson



## DIAGONAL STEPS FORWARD AND SCUFF (TWICE)

1-2      Step right forward to right diagonal, step left next to right  
3-4      Step right forward to right diagonal, scuff left past right  
5-6      Step left forward to left diagonal, step right next to left  
7-8      Step left forward to left diagonal, scuff right past left

## ¼ TURN JAZZ BOX, SCUFF, JAZZ BOX, SCUFF

1-2      Step right across left, step left back  
3-4      Step right to right making ¼ turn right, scuff left past right  
5-6      Step left across right, step right back  
7-8      Step left next to right, scuff right past left

## SIDE ROCKS, ¼ TURN, STEP

1-2      Rock right to right, replace back to left  
3-4      Step right behind left, rock left to left  
5-6      Replace back to right, step left behind right  
7-8      Step right to right making ¼ turn right, step left next to right

## TOE-HEEL STRUTS, ¼ TURN JAZZ BOX

1-2      Touch right toe to right, place right heel down  
3-4      Cross and touch left toe over right, place left heel down  
5-6      Step right across left, step left back  
7-8      Step right to right making ¼ turn right, step left next to right

**REPEAT**

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