

I Can't Pretend

COPPER KNOB
BY STEPHEN METZ

拍數: 0 牆數: 4 級數: Intermediate/Advanced
編舞者: Allan Burr (AUS) & Karen Burr (AUS)
音樂: Surrender (Ultramix) - Laura Pausini



Sequence: AAA, BB, Tag 1, AA, BB, Tag 2, A, BBBB, Ending. Dance starts after 16 beats, 'I Can't Pretend'. Start on the word 'Pretend'

PART A

2 SHUFFLES FORWARD, FORWARD, ROCK BACK, ½ SHUFFLE

1&2-3&4 Shuffle forward right-left-right, shuffle forward left-right-left
5-6-7&8 Step right forward, rock back onto left, turning ½ turn right shuffle forward: right-left-right (6:00)

FORWARD, ¾ SPIN, 3X ACROSS TOE STRUTS TRAVELING FORWARD

1-2 Step left forward, spin on the spot ¾ turn left on left foot hitching right knee (9:00)
3-4 Touch right toe across in front of left, drop right heel
5-6 Touch left toe across in front of right, drop left heel
7-8 Touch right toe across in front of left, drop right heel

ACROSS, BACK, ½ SHUFFLE, FULL TURN FORWARD, FORWARD, KICK

1-2-3&4 Step left across in front of right, step right back, turning ½ turn left shuffle forward: left-right-left (3:00)
5-6 Turn ½ turn left step right back, turn ½ turn left step left forward (option: walk forward: right, left)
7-8 Step right forward, kick left forward at 45 degrees left (3:00)

LEFT SAILOR, ¼ RIGHT SAILOR, FORWARD, TWIST ¼, TWIST ¼, ½ HOOK

1&2 Step left behind right, step right to side, step left to side
3&4 Turn ¼ turn right step right behind left, step left to side, step right to side (6:00)
5 Step left slightly forward with weight on both feet
6 Twist both heels left turning ¼ turn right (3:00)
7 Twist both heels left turning ¼ turn right weight ending on left (12:00)
8 Turn/spin ½ turn right on left foot hooking right across left shin (6:00)

PART B

8 HEEL BOUNCES - RAISING ARMS UP ('I RAISE MY HANDS')

1-8 Touch right toe forward bouncing right heel for 8 beats taking weight onto right on beat 8 (6:00) (while doing the above 8 beats: slowly raise both arms from sides, out to sides to above your head)

2 X 'V' STEPS - LOWERING ARMS ('I SURRENDER')

1-2 Step left heel forward at 45 degrees left, step right heel forward at 45 degrees right
3-4 Step left back to center, step right back to center
5-6 Step left heel forward at 45 degrees left, step right heel forward at 45 degrees right
7-8 Step left back to center, touch right to center weight on left (6:00)

While doing the above 8 beats: slowly lower both arms, out to sides down to sides

SIDE SHUFFLE, TOUCH BEHIND, UNWIND ½, TOUCH: FORWARD-&-SIDE-&-BACK-HITCH-BACK

1&2 Side shuffle to right stepping right-left-right
3-4 Touch left toe behind right, unwind ½ turn left taking weight onto left (12:00)
5&6 Touch right toe forward, step right together, touch left toe to left side

- &7 Step left together, touch right toe slightly back at 45 degrees right
&8 Hitch right knee slightly forward, touch right toe slightly back at 45 degrees right (12:00)

FORWARD, ROCK BACK, ½-FORWARD, HOLD, ½-BACK, HOLD, BACK-½, SPIN ½

The following 8 beats travels backwards

- 1-2 Step right forward, rock back onto left
&3-4 Turn ½ turn right stepping right forward, step left forward, hold (6:00)
&5-6 Turn ½ turn left stepping right back, step left back, hold (12:00)
&7 Step right back, turn ½ turn left stepping left forward (6:00)
8 Turn/spin ½ turn left on left foot hitching right knee (12:00)

TAG 1

This tag will be done at the back

2X RIGHT ROCKING CHAIRS

- 1-2-3-4 Step right forward, rock back onto left, step right back, rock forward onto left
5-6-7-8 Step right forward, rock back onto left, step right back, rock forward onto left

TAG 2

This tag will be done at the back

RIGHT ROCKING CHAIR, 2X PIVOT TURNS, RIGHT ROCKING CHAIR

- 1-2-3-4 Step right forward, rock back onto left, step right back, rock forward onto left
5-6-7-8 Step right forward, pivot ½ turn left weight on left, step right forward, pivot ½ turn left weight on left
1-2-3-4 Step right forward, rock back onto left, step right back, rock forward onto left

ENDING

You would have finished your last Part B spinning to the front, to finish, do the first 8 beats of Part B raising your arms
