

# Can't Get Any Worse

COPPERKNOB  
BY STEPHEN

拍數: 96      牆數: 4      級數: Intermediate  
編舞者: Naarah Scott & Rebecca Panshin  
音樂: Honey, I'm Home - Shania Twain



- 1-2      Step forward on right, grinding right heel  
3-4      Step back on right foot, replace weight on left  
5-8      Repeat counts 1-4  
9      Step forward on right  
10-11      Step forward on left, grinding left heel  
12-13      Step back on left foot, replace weight on right  
14-15      Step forward on left, grinding left heel  
16      Step back on left
- 1-2-3      Step forward right, left, stomp right beside left  
4-8      (Traveling left) heel split, toe split, heel split, left ¼ turn, stomp right beside left  
9      Jump back on right foot with a left diagonal  
10      Replace weight on left kicking right heel up behind  
11-12      Stomp feet together and hold for one count  
13-16      Repeat counts 9-12 on right foot
- 1-4      Repeat counts 9-12 on left foot  
5-6      Roll left knee while turning ¼ left  
7-8      Place weight on left and raise right knee, drop right heel  
9-12      Step forward right, lock left behind, forward right, hold  
13-16      Repeat counts 9-12 on left foot
- 1      Stomp right to right diagonal pushing hips forward  
2-3-4      Push hips back, forward, stomp left beside right  
5-6      Jump back to right side on right foot pointing left heel 45o, jump together  
7-8      Repeat counts 5,6 on left foot  
9-10      Jump back to right side left heel at 45 degrees, replace weight on left making a ¼ turn (¼ heel-jack) while kicking right heel up behind  
11-12      Stomp right beside left, hold for one count  
13-16      (Traveling right) twist heels, toes, heels, hold
- 1-4      (Traveling left) repeat counts 13-16  
5-6      Stomp right foot forward and to right, hold for one count  
7-8      Repeat counts 5-6 on left foot
- 9-10      With knees bent dip hips left  
11-12      Dip hips right with ¼ turn to the left  
13-16      Drop left toe in a strutting motion, hold, stomp right beside left keeping weight on left, hold
- 1-2-3      Step right to side, cross left behind right, step right to side  
4-5-6      Turn ½ right stepping left to side, cross right behind left, step left to side  
7-8      Turn ½ left stepping right to side, stomp left beside right  
9-12      Step left to left side, hold, together, left to left side, hold  
13      Together, left to left side (counts 11-12)  
14-15      Left ¾ pivot turn on ball of left foot  
16      Tap right beside left

REPEAT

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