

Can't Get Any Worse

COPPERKNOB
STEPSHEETS

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
