# Can't Get It Back

級數: Intermediate/Advanced

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音樂: Can't Get It Back - Mis-Teeq

## PRESS, STEP BACK, TOGETHER, CROSS STEP, SIDE STEP, ¾ TURN, SAILOR, ½ TURN SAILOR

- &1&2
  Step on right toe in front of left, slide left back, step right to right side, cross left over right
  3-4
  Step right to right side, with weight on right turn <sup>3</sup>/<sub>4</sub> turn to the left (you will be at 3:00 wall)
  - -4 Step right to right side, with weight on right turn <sup>3</sup>/<sub>4</sub> turn to the left (you will be at 3:00 wall)
- 5&6 Step left behind right, step together with right, step forward on left
- 7&8 While making a <sup>1</sup>/<sub>2</sub> turn to the right, step right behind left, step together with left, step forward on right

You will be facing the 9:00 wall

# SYNCOPATED JAZZ WITH HITCH, STEP CROSS, UNWIND ½ TURN, COASTER, WALK

- 1&2 Cross left over right, step back on right, step left to left side while hitching right up across left
- &3-4 Step right to right side, cross step left over right, unwind ½ turn to the right (facing 3:00 wall)
- 5&6 Step back on left, step together with right, step forward on left
- 7-8 Walk forward right, left

# ROCK/RECOVER, CROSS, COASTER, STEP, ¼ TURN WITH HITCH, BIG SIDE STEP, IN FRONT, SIDE STEP

- 1&2 Rock right to right side, recover on left, cross right over left
- 3&4 Step back on left, step together with right, take a big step forward on left
- 5-6 Step forward on right, hitch left up crossing over right while making a ¼ turn to the left (12:00 wall)
- 7&8 Step left to left side, cross right in front of left, step left to left side

# $\ensuremath{^{1\!\!/}}\xspace$ TURN, OUT, OUT, SYNCOPATED JAZZ, TOUCH BEHIND, $\ensuremath{^{3\!\!/}}\xspace$ UNWIND, COASTER

- 1&2 While making a ½ turn to the right step right forward, step left to left side, step right to right side (6:00 wall)
- 3&4 Cross left over right, step back on right, step left to left side
- 5-6 Touch right behind left, unwind <sup>3</sup>/<sub>4</sub> turn to the right (3:00 wall)
- 7&8 Step back on left, step together with right, step forward on left

### REPEAT

### RESTART

After the 4th wall, do the first 16 counts of the dance and restart, you will be restarting at the 12:00 wall.

### ALTERNATE STEPS

On the second set of 8 counts 9-12, Joey and I do this one part different. For the first 4 counts of the second 8, Joey teaches it this way

1&2&Cross left over right, step back on right, step left to left side, hitch right up across left3&4Step right to right side, cross left over right, unwind ½ turn to the right





拍數: 32

**牆數:**4