

Can't Go Back

COPPER KNOB
STEP SHEETS

拍數: 45 牆數: 2 級數: Intermediate
編舞者: Rebecca Colby
音樂: Life Goes On (Almighty Mix) - LeAnn Rimes



SLIDE TO THE RIGHT, SLIDE TO THE LEFT

1& Right foot step to side, slide left foot to right
2-3 Right foot step to side, touch left beside right
4& Left foot step to side, slide right foot to left
5-6 Left foot step to side, touch right foot beside left

SYNCOPATED WEAVE RIGHT, ¼ TURN LEFT, ½ PIVOT LEFT, ½ TRIPLE TURN LEFT, ROCK RECOVER, STEP

1& Right foot step to side, cross left behind right
2-3 Right foot step to right, ¼ turn left on left foot
4-5 Step forward right, pivot ½ turn left
6&7 ½ triple turn to the left
8&9 Rock back on left, recover on right
10 Step left beside right

RIGHT TOE SWITCHES AND HOLD, LEFT TOE SWITCHES AND HOLD

1 Point right toe to right side
&2 Step right beside left, point left toe to left side
&3 Step left beside right, point right toe to right side
4 Hold
5 Point left toe to left side
&6 Step left beside right, point right toe to right side
&7 Step right beside left, point left toe to right side
8 Hold

¾ TURN LEFT, ROCK, BACK COASTER STEP ON RIGHT, ROCK, BACK COASTER ON LEFT WITH ¼ TURN LEFT

1-2 Pivot ¾ turn to the left on right foot, stepping down on left foot
3-4 Rock forward right, rock back onto left
5&6 Triple step back on right, back on left, right foot forward
7-8 Rock forward left, rock back onto right
9&10 Triple step back on left, back on right, step left foot ¼ turn to the left

½ PIVOT LEFT, ½ TRIPLE LEFT, ROCK & RECOVER

1-2 Step forward right, pivot ½ turn left
3&4 ½ triple turn to the left
5-6 Rock back on left, recover on right

SHUFFLE, STEP, ¼ PIVOT LEFT, STEP, BACK COASTER STEP ON LEFT, STEP

1&2 Shuffle forward on left foot
3 Step right foot forward
4 Pivot ¼ turn to the left
5 Step right foot beside left

ROCK FORWARD ON LEFT AND BACK ON RIGHT) 2 BEATS

Inserted in the first, third, fifth and seventh times through the dance only (when facing the back wall).
6&7 Triple step back on left, back on right, left foot forward

8

Step right beside left

REPEAT

RESTART

Leave off the last three counts on walls 2, 4, 6, etc

This can also be danced to a slower version of the song found on her "Twisted Angel" CD (96 bpm)
