

Can't Help It

拍數: 40 牆數: 4 級數: Improver
編舞者: Stella Wilden (UK)
音樂: Can't Help It - Scooter Lee



CHARLESTONS

- 1 Step forward onto right foot
- 2 Kick left foot forward
- 3 Step back with left foot
- 4 Touch right toe back
- 5 Step forward onto right foot
- 6 Kick left foot forward
- 7 Step back with left foot
- 8 Touch right foot next to left

HEEL LIFTS & SWITCHES

- & Lift both heels off the floor
- 9 Replace heels
- & Lift both heels off the floor
- 10 Replace heels
- 11 Touch right heel forward
- 12 Replace right foot beside left
- 13 Touch left heel forward
- 14 Replace left foot beside right
- & Lift both heels off the floor
- 15 Replace heels
- & Lift both heels off the floor
- 16 Replace heels
- 17 Touch right heel forward
- 18 Replace right foot beside left
- 19 Touch left heel forward
- 20 Replace left foot beside right

SYNCOPATED RHYTHM SIDE STEPS

- 21 Step to the right side with the right foot
- & Step left foot beside right
- 22 Step to the right side with the right foot
- & Step left foot beside right
- 23 Step to the right side with the right foot
- 24 Touch left foot beside right
- 25 Step to the left side with the left foot
- & Step right foot beside left
- 26 Step to the left side with the left foot
- & Step right foot beside left
- 27 Step to the left side with the left foot & make a ¼ turn to your left
- 28 Touch right foot beside left

SYNCOPATED SPLITS

- & Right foot take a small step to right
- 29 Left foot take a small step tap left
- & Right foot take a small step in, back to original position

- 30 Left foot take a small step in, back to original position
& Right foot take a small step to right
31 Left foot take a small step to left
& Right foot take a small step in, back to original position
32 Left foot take a small step in, back to original position

MONTEREY TURN

- 33 Touch right toe out to the right side
34 Replace right foot next to left as you use the momentum to pivot on the ball of the left foot a ½ turn to your right
35 Touch left toe out to left side
36 Replace left foot beside right foot
37 Touch right toe out to the right side
38 Replace right foot next to left as you use the momentum to pivot on the ball of the left foot a ½ turn to your right
39 Touch left toe out to left side
40 Replace left foot beside right foot

REPEAT
