

Can't Help It

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Beginner west coast swing
編舞者: Yvonne Johnson & Scott Turpin (USA)
音樂: Can't Help It - Scooter Lee



KICK, KICK, ¼ TURN RIGHT, TRIPLE STEP, KICK, KICK, ¼ TURN LEFT, TRIPLE STEP

1-2 Kick right foot out, kick right foot out with ¼ turn right
3&4 Triple step - right, left, right
5-6 Kick left foot out, kick left foot out with ¼ turn left
7&8 Triple step - left, right, left

STEP RIGHT/SHIMMY, STEP LEFT NEXT TO RIGHT/SHIMMY/CLAP, STEP LEFT/SHIMMY, STEP RIGHT NEXT TO LEFT/SHIMMY/CLAP HANDS

1-2 Step right foot right with shimmies
3-4 Step left foot next to right and touch, with shimmies/clap hands
5-6 Step left foot to left with shimmies
7-8 Step right foot next to left and touch, with shimmies/clap hands

STEP FORWARD, TOUCH, ROCK BACK/FORWARD, TOUCH, PIVOT TURNS

1 Step right forward
2 Step left next to right, touch left toe
&3-4 Step left back shifting weight left/right, step left next to right touching toe
5-6 Step left forward shifting weight to left, pivot turn right shifting weight to right foot
7-8 Step left forward shifting weight to left, pivot turn right shifting weight to right

STEP LEFT/SHIMMY, STEP RIGHT NEXT TO LEFT/SHIMMY/CLAP, STEP RIGHT/SHIMMY, STEP LEFT NEXT TO RIGHT/SHIMMY/CLAP HANDS

1-2 Step left foot left with shimmies
3-4 Step right foot next to left and touch with shimmies/clap hands
5-6 Step right foot right/shimmies
7-8 Step left foot next to right and shift weight to left foot, with shimmies/clap hands

JAZZ SQUARES WITH ¼ TURN RIGHT

1-2 Step left forward cross right foot over left and shift weight to right foot
3-4 Step back on left foot, turn ¼ turn right stepping right foot forward, step left next to right
5-6 Step left forward cross right foot over left and shift weight to right foot
7-8 Step back on left foot, bring right foot next to left, shift weight to left

CAMELS

1-2 Step right foot forward, slide left foot behind right and shift weight to left foot
3-4 Step right foot forward, step left foot next to right and touch left toe
5-6 Step left foot forward, slide right foot behind left and shift weight to right foot
7-8 Step left foot forward, step right foot next to left and touch toe

REPEAT