

# Can't Hide

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Lana Harvey Wilson (USA)  
音樂: You Can't Break the Fall - Joe Nichols



## SIDE, HOLD, BALL-CHANGE, CROSS ROCK, RECOVER, ¼ TURN, FORWARD SHUFFLE

1-2            Step right to right, hold  
&3-4          Step ball of left next to right, step right to right, cross step left over right  
5-6            Step back on right, turning ¼ left, step left forward  
7&8            Shuffle forward right-left-right

## FORWARD, HOLD, TOUCH, CROSS BEHIND, TOUCH, CROSS BEHIND, HIP BUMPS

9-10           Step forward left, hold  
11-12          Touch right to right, cross step right behind left  
13-14          Touch left to left, cross step left behind right  
15-16          Step right to right as you bump hips right twice  
Option on 16: step right to right, hold - or - right shuffle right-left-right

## SIDE SHUFFLE, ¼ BACK SHUFFLE, ¼ FORWARD SHUFFLE, FORWARD ROCK, RECOVER

17&18          Shuffle left-right-left to left  
19&20          Shuffle back right-left-right turning ¼ right  
21&22          Shuffle forward left-right-left turning ¼ right  
23-24          Rock forward right, recover back on left

## BACK ROCK, HOLD, RECOVER, CLOSE, SLIDE OUT, HOLD, ¼ TURN CLOSE, HOLD

25-26          Rock back on right on right lifting left heel, hold  
27-28          Push off forward on ball of right shifting weight to left and drop left heel, step right next to left  
29-30          Slide left toe out to left weight staying on right, hold  
31-32          Turn ¼ left on ball of right and slide left next to right taking weight, hold

## CROSS, SIDE, BEHIND, SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS

33-36          Cross right over left, step left to left, step right behind left, step left to left rocking weight onto it  
37-40          Recover weight on right, step left behind right, step right to right, step left in front of right

## SIDE, CLOSE, FORWARD, HOLD, ½ TURN, HOLD, FORWARD SHUFFLE

41-42          Step right to right, slide left next to right putting weight on it  
43-44          Step forward right, hold  
45-46          Turn ½ left on balls of both feet, hold  
47&48          Shuffle forward right-left-right

## STEP, BRUSH ACROSS, CROSS STRUT, BACK STRUTS

49-50          Step left forward, brush right across left  
51-52          Cross right over left stepping down of ball of right, drop right heel taking weight  
53-54          Step back on left toe, drop left heel taking weight  
55-56          Step back on right toe, drop right heel taking weight

## SLOW COASTER, HOLD, HEEL & HEEL, BALL-STEP, STEP

57-60          Step back on left, step right next to left, step left forward, hold  
61&            Touch right heel forward, step right next to left  
62&            Touch left heel forward, step left next to right  
63-64          Step forward right, step forward left

## REPEAT

### TAG

After 4th full pattern:

1-4 Step right to right, drag left to right for 2 counts, touch left next to right

5-8 Step left to left, drag right to left for 2 counts, touch right next to left

### OPTIONAL BUT FUN ENDING

Music ends at count 29 of 6th pattern. Leave left toe touching left for 30-31-32. Then slowly slide left behind right over 4 counts and do slow unwind  $\frac{3}{4}$  left to face front again, weight on left and hold.

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