

Can't Let Go (P)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 0 級數: Partner
編舞者: Jeff Mills (UK) & Thelma Mills (UK)
音樂: I May Hate Myself In the Morning - Lee Ann Womack



Position: Right Side by Side Position. Man's footwork listed. Lady's is same throughout unless stated

MAN'S STEPS

FULL TURN, SYNCOPATED LOCK STEP, FORWARD MAMBO, COASTER ¼ TURN

- 1 Step forward right ¼ turn right OLOD
- 2 Turn ¼ turn right stepping back on left RLOD
- 3 Pivot ½ turn right on left stepping forward onto right LOD
- 4&5 Step forward left, step and lock right behind left, step forward left
- 6&7 Step and rock forward right, recover onto left, step back onto right
- 8&1 Step back on left, step right next to left, step forward left ¼ turn left ILOD

On count 3, release left hands and raise right hands. During counts 4&5, return back into Side By Side Position. On count 8, release left hands and raise right arms over lady's head. On count 1 rejoin left hands and finish with lady behind the man with hands at waist height

SWAY ¼ TURN, ½ STEP PIVOT TURN STEP FORWARD

- 2-3 Step and sway right to right side, step and sway left ¼ turn left RLOD
- 4&5 Step forward right, pivot ½ turn left, step forward right LOD

On count 4 release right hands and raise left hands over lady's head. On count 5 return back into Side By Side

MAMBO STEP TWICE

- 6&7 Step and rock forward left, recover onto right, step back onto left
- 8&1 Step and rock back right, recover onto left step forward right

On count 6, release left hands. On count 1, raise right hands & lady to prep for full turn

WALK TWICE

- 2 Walk forward left
- 3 Walk forward right

On completion of count 3, return back into Side By Side

SHUFFLE TWICE

- 4&5 Left shuffle forward left-right-left
- 6&7 Right shuffle forward right-left-right, triple step
- 8&1 Left triple in place left-right-left

During counts 8 & 1, raise left hands over lady's head and finish facing each other in Double Cross Arm Position

ROCK STEP

- 2-3 Step and rock back on right behind left, recover on left, (with hip sway)

TRIPLE STEP

- 4&5 Right triple in place right-left-right

During counts 4 & 5 raise left over ladies head and finish in Side By Side

COASTER STEP, STEP LOCK

- 6&7 Step back on left, step right next to left, step forward left
- 8&1 Step forward right, step and lock left behind right, step forward right ¼ turn right OLOD

During counts 8&1 complete a syncopated step lock ¼ turn right and you have now restarted the dance at

count 1

REPEAT

LADY'S STEPS

FULL TURN, SYNCOPATED LOCK STEP, FORWARD MAMBO, COASTER ¼ TURN

- 1 Step forward right ¼ turn right OLOD
- 2 Turn ¼ turn right stepping back on left RLOD
- 3 Pivot ½ turn right on left stepping forward onto right LOD
- 4&5 Step forward left, step and lock right behind left, step forward left
- 6&7 Step and rock forward right, recover onto left, step back onto right
- 8&1 Step back on left, step right next to left, step forward left ¼ turn left ILOD

On count 3, release left hands and raise right hands. During counts 4&5, return back into Side By Side Position. On count 8, release left hands and raise right arms over lady's head. On count 1, rejoin left hands and finish with lady behind the man with hands at waist height

SWAY ¼ TURN, ½ STEP PIVOT TURN STEP FORWARD

- 2-3 Step and sway right to right side, step and sway left ¼ turn left RLOD
- 4&5 Step forward right, pivot ½ turn left, step forward right LOD

On count 4 release right hands and raise left hands over lady's head. On count 5 return back into Side By Side

½ STEP PIVOT TURN STEP FORWARD TWICE

- 6&7 Step forward left, pivot ½ turn right, step forward left RLOD
- 8&1 Step forward right, pivot ½ turn left step forward right LOD

On count 6, release left hands. On count 1, raise right hands & lady to prep for full turn

FULL TURN

- 2 Pivot ½ turn right stepping back onto left RLOD
- 3 Pivot ½ turn right stepping forward onto right LOD

On completion of count 3 return back into Side By Side

SHUFFLE TWICE

- 4&5 Left shuffle forward left-right-left
- 6&7 Right shuffle forward right-left-right

½ TRIPLE TURN

- 8&1 ½ Triple turn right left-right-left, RLOD

During counts 8&1 raise left hands over lady's head and finish facing each other in Double Cross Arm Position

ROCK STEP

- 2-3 Step and rock back on right behind left, recover on left, (with hip sway)

½ TRIPLE TURN

- 4&5 ½ Triple turn left right-left-right, LOD

During counts 4 & 5 raise left over lady's head and finish in Side By Side

COASTER STEP, STEP LOCK

- 6&7 Step back on left, step right next to left, step forward left
- 8&1 step forward right, step and lock left behind right, step forward right ¼ turn right OLOD

During counts 8&1, complete a syncopated step lock ¼ turn right and you have now restarted the dance at count 1

REPEAT

