

Can't Resist

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Susan Beaumont (UK)
音樂: Can't Resist - Texas



BACK ROCK SHUFFLE ½ TURN, TURN STEP LEFT SHUFFLE

1-2 Rock back on right recover left
3&4 Shuffle ½ turn left stepping right-left-right
5-6 ½ turn left stepping forward left step forward right
7&8 Step forward left slide right to left step forward left

Alternative steps:

3-6 Shuffle forward right, step forward left, right

KICK BALL CHANGE STEP TURN CROSS HOLD & CROSS SIDE

1&2 Kick right step right in place step left next to right
3-4 Step forward right pivot ¼ left
5-6 Cross right over left, hold
&7-8 Step onto ball of left cross right over left step left to left side

TRIPLE SHUFFLE ½ CROSS HOLD & CROSS ROCK, SIDE CLOSE SIDE

1&2 Shuffle half turn left stepping right-left-right
3-4 Cross left over right, hold
&5-6 Step on to ball of left foot, cross rock left over right, recover on left
7&8 Step left to left side, step right beside left, step left to left side

CROSS SIDE BEHIND TURN STEP PIVOT SHUFFLE

1-2 Cross right over left step left to left side
3-4 Step right behind left turn ¼ left stepping forward left
5-6 Step forward right pivot ½ left
7&8 Step forward right step left to right step forward right

KICK & POINT, KICK & POINT FORWARD ROCK COASTER STEP

1&2 Kick left step onto ball of left point right to right side
3&4 Kick right step onto ball of right point left to left side
5-6 Rock forward on left step back on right
7&8 Step back left step right next to left step left forward

FORWARD ROCK TRIPLE SHUFFLE ¾ CROSS SIDE BEHIND & CROSS

1-2 Rock forward right step back on left
3&4 Triple shuffle ¾ stepping right-left-right
5-6 Cross left over right step right to right side
7&8 Step behind on left step right to right side cross left over right

SIDE ROCK CROSS SHUFFLE TURN TURN CROSS SHUFFLE

1-2 Rock right to right side, step left in place
3&4 Cross right over left step onto ball of left foot cross right over left
5-6 Turn ¼ right stepping back left, turn ¼ right stepping right to right side
7&8 Cross left over right, step onto ball of right, cross left over right

SIDE ROCK CROSS SHUFFLE FULL TURN TOUCH

1-2 Rock right to right side, step left in place

3&4 Cross right over left step onto ball of left foot cross right over left

5-6 $\frac{1}{4}$ right stepping back left $\frac{1}{4}$ right to right side

7-8 $\frac{1}{2}$ turn right stepping left to left side, touch right next to left

Alternative steps:

5-8 Replace with vine, step left to left side, step right behind left, step left to left side, touch right by left

REPEAT
