

Can't Stop

拍數: 44 牆數: 4 級數:
編舞者: Melissa M. Bartlett (UK)
音樂: Tulsa Time - The Tractors



HEEL FANS

- 1& Fan right heel out to side and back to place
- 2& Fan left heel out to side and back to place
- 3& Lifting weight on to toes fan both heels out and back to place
- 4& Fan both heels out and back to place

SIDE TAPS AND JUMPS WITH HITCH HOPS AND PIVOT

- 5&6 Tap right toe to side, bring back to place and send left toe to side
- &7 Bring left back to place and jump feet apart
- &8 Hitching left, hop on right foot, then jump feet apart
- &9 Hitching right, hop on left foot, then jump feet apart
- &10 Hitching left, hop on right foot, then jump feet apart
- &11 Hitching right, hop on left foot, then jump feet apart
- &12 Unwind ½ turn over left shoulder

HEEL TAPS AND HOOKS

- 13& Tap right heel forward and back in place
- 14& Tap left heel forward and back in place
- 15& Tap right toe to side and back in place
- 16& Tap left toe to side and back in place
- 17&18& Right hook
- 19&20& Left hook

SIDE TAPS AND JUMPS WITH HITCH HOPS

- 21&22 Tap right toe to side, bring back to place and send left toe to side
- &23 Bring left back to place and jump feet apart
- &24 Hitching left, hop on right foot, then jump feet apart
- &25 Hitching right, hop on left foot, then jump feet apart
- &26 Hitching left, hop on right foot, then jump feet apart

STOMP AND CLAP

- 27-28 Stomp right foot forward, clap hands

2 LEFT FOOT KICK-BALL CHANGES

- 29&30 Kick left foot forward, step down on left foot, step down on right foot
- 31&32 Kick left foot forward, step down on left foot, step down on right foot

HIP ROLLS WITH ¼ TURN LEFT

- 33-36 With weight on both feet swivel hips to the left for 4 beats, gradually make a ¼ turn to left

HEEL TAPS, PIVOT TURNS

- 37& Tap right heel forward and back in place
- 38& Tap left heel forward and back in place
- 39& Tap right toe to side and back to place
- 40& Tap left toe to left side and back in place
- 41-42 Step forward on right foot, pivot ½ turn left

43-44

Step forward on right foot, pivot $\frac{1}{2}$ turn left

REPEAT
