

Can't Stop

COPPERKNOB
STEPSHEETS

拍數: 0 牆數: 4 級數: Intermediate
編舞者: Johanna Barnes (USA)
音樂: Can't Stop - Ozomatli



Sequence: A B AA B AAAA

PART A

¼ MAMBO RIGHT, ¼ MAMBO LEFT, WALKS OUT/FORWARD 4X

- 1 Rock right foot forward
- & Recover weight to left foot
- 2 Step right foot ¼ turn right (face 3:00)
- 3 Rock left foot forward
- & Recover weight to right foot
- 4 Step left foot ¼ turn left (face 12:00)
- 5 Step right foot forward and slightly side
- 6 Step left foot forward and slightly side
- 7 Step right foot forward and slightly side
- 8 Step left foot forward and slightly side

Styling options:

On walls 1 & 3: strut forward, leading with hips using contra shoulder movement (right shoulder back as you step right, left shoulder back as you step left)

On walls 2, 4, 7: bump hips side to side as you walk forward (bump right & left with each step)

On walls 5 & 6: hitch knee before each step (&5 &6 &7 &8) contracting abdominals to hitch

JAZZ BOX, HITCH, WEAVE, ¼ RIGHT, ½ RIGHT, COASTER STEP (MAMBO STYLE)

- 1 Cross right foot over left
- & Step left foot back and slightly out
- 2 Step right foot back
- & Hitch left knee
- 3 Cross left foot behind right
- & Step right foot to the side
- 4 Step left foot across right
- 5 Step right foot ¼ turn right (face 3:00)
- 6 Step left foot back ½ turn right (face 9:00)
- 7 Step right foot back
- & Step left foot next to right
- 8 Step right foot forward

STUTTER STEP, RECOVER, COASTER STEP, SIDE TOGETHER 2X

- & Brush ball of left foot forward (stutter step)
- 1 Press left foot forward
- 2 Recover weight back to right foot
- 3 Step left foot back
- & Step right foot next to left foot
- 4 Step left foot forward
- 5 Step right foot to right side
- 6 Step left foot next to right
- 7 Step right foot to right side
- 8 Step left foot next to right

Styling options

On walls 1 & 3: strut to the side, leading with hips using contra shoulder movement (right shoulder back as

you step right, left shoulder return as you step left)

On walls 2, 4, 7: bump hips side to side as you side step (bump right & left with each step)

On walls 5 & 6: double time side steps, leading with right hip (5 & 6 & 7 & 8 &)

RIGHT FORWARD MAMBO, LEFT BACK MAMBO, TOUCH RETURN 4X

- 1 Rock right foot forward
- & Recover weight to left foot
- 2 Step right foot back
- 3 Rock left foot back
- & Recover weight to right foot
- 4 Step left foot forward
- 5 Touch right foot forward, slightly open
- & Step right foot next to left, return to center
- 6 Touch left foot forward, slightly open
- & Step left foot next to right, return to center
- 7 Touch right foot forward, slightly open
- & Step right foot next to left, return to center
- 8 Touch left foot forward, slightly open
- & Step left foot next to right, return to center (end 9:00)

Styling option: On counts 29-32 (5-8), use half-time the movement

- 5 Right foot touch forward, slightly open
- 6 Right foot step next to left, return to center
- 7 Left foot touch forward, slightly open
- 8 Left foot step next to right, return to center

PART B

CROSS, HOLD, DOUBLE CROSS LEFT, ¼ PIVOT WALK-AROUND

- 1 Step right foot across left
- 2 Hold (weight right)
- & Step left foot to left side
- 3 Step right foot across left
- & Step left foot to left side
- 4 Step right foot across left
- 5 Step left foot back ¼ turn right (face 3:00)
- 6 Step right foot out to right side
- 7 Step left foot ¼ turn right (face 6:00)
- 8 Step right foot ¼ turn right (end facing 9:00)

HITCH JAZZ BOX - HITCH WEAVE 2X, WHILE TURNING ¾ LEFT (¾ SAMBA BOX)

The following sequence of steps will bring you ¾ of a turn, back to 12:00. Start by slowly turning left with each movement, working to each corner sequentially to finish at 12:00

- & Hitch left knee
- 1 Step left foot across right
- & Step right foot slightly back and out
- 2 Step left foot to left side (facing 8:00 corner)
- & Hitch right knee
- 3 Step right foot behind left
- & Step left foot to side
- 4 Step right foot across left (facing 5:00 corner)
- & Hitch left knee
- 5 Step left foot across right
- & Step right foot slightly back and out
- 6 Step left foot to left side (facing 2:00 corner)
- & Hitch right knee

- 7 Step right foot behind left
- & Step left foot to side
- 8 Step right foot across left (face 12:00)
- & Step left foot slightly forward to take weight (end facing 12:00)

A special thank you goes out to Bill B for previewing, and to Bryan M for introducing me to faster movement on the last 4 counts. the slight change makes a huge difference
