

Can't Stop A River

COPPER KNOB
BY STEPHEN METZ

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK)
音樂: Can't Stop a River - Duncan James



LEFT & RIGHT TWINKLES

1-3 Cross step left over right, step right to side, step left to side
4-6 Cross step right over left, step left to side, step right to side

LEFT FORWARD, ¼ LEFT & RIGHT SIDE, LEFT SIDE, RIGHT CROSS STEP, ½ RIGHT HINGE TURN

1-3 Step left forward (extended 5th), turning ¼ left step right to side, step left to side
4-6 Cross step right over left, turning ¼ right step left back, turning ¼ right step right to side

LEFT & RIGHT CROSS LUNGES

1-3 Cross lunge left over right, recover weight on right, step left to side
4-6 Cross lunge right over left, recover weight on left, step right to side

Ending: modify counts 4-6 to:

4-6 Cross lunge right over left turning ¼ left to face front wall. Step left back, draw right together

½ LEFT BALANCE STEP, RIGHT BACK BALANCE STEP

1-3 Step left forward (extended 5th), turning ½ left step right back, step left together
4-6 Step right back, step left together, step right forward

LEFT FULL TURN FORWARD, RIGHT FORWARD, ½ LEFT PIVOT TURN, RIGHT FORWARD

1-3 Step left forward (extended 5th), turning ½ left step right back, turning ½ left step left forward

Non-turning alternative:

1-3 Step left forward, step right together, step left forward
4-6 Step right forward, pivot ½ left, step right forward

LEFT FORWARD, ¼ RIGHT PIVOT TURN, LEFT CROSS STEP, RIGHT SIDE, LEFT BACK, RIGHT FORWARD

1-3 Step left forward, pivot ¼ right, cross step left over right
4-6 Step right to side, step left back, step right slightly forward

¼ LEFT & LEFT FORWARD, RIGHT SIDE POINT, RIGHT REVERSE TWINKLE

1-3 Turning ¼ left step left forward, point right to side, hold
4-6 Step right behind, step left to side, step right forward

½ LEFT BALANCE STEP, ½ RIGHT BALANCE STEP

1-3 Step left forward (extended 5th), turning ½ left step right back, step left together
4-6 Step right forward (extended 5th), turning ½ right step left back, step right together

REPEAT

TAG

At the end of the 3rd wall of the dance (you will be facing left side wall). Repeat counts 37-48 and begin the dance again facing left side wall