

Can't Stop It

拍數: 32 牆數: 0 級數:
編舞者: DJ Dan (NL) & Wynette Miller (NL)
音樂: Can't Stop My Heart - Brooks & Dunn



Position: Right Side-By-Side. Same footwork

STEP FORWARD WITH HIP BUMPS, SHUFFLE FORWARD; TWICE

1-2 Step right forward bump hips forward, bump hips back
3&4 Shuffle forward stepping right, left, right
5-6 Step left forward bump hips forward, bumps hips back
7&8 Shuffle forward stepping left, right, left

ROCK STEP FORWARD, TRIPLE ¼ TURN; ROCK STEP FORWARD, CHASSE

1-2 Rock right forward, recover weight onto left
3&4 Triple ¼ turn right stepping right, left, right, OLOD

Indian Position

5-6 Rock left forward, recover weight onto right
7&8 Step left to left side, step right next to left, step left to left side

ROCK STEP FORWARD, CHASSE ¼ TURN; ROCK STEP FORWARD, COASTER STEP

1-2 Rock right forward, recover weight onto left
3&4 Step right to right side, step left next to right, step right ¼ turn right, RLOD

Left Side-By-Side position

5-6 Rock left forward, recover weight onto right
7&8 Step left back, step right next to left, step left forward

STEP FORWARD, ½ PIVOT, SHUFFLE FORWARD; WALK, WALK, SHUFFLE FORWARD

1-2 Step right forward, pivot ½ turn left

Right Side-By-Side position

3&4 Shuffle forward stepping right, left, right LOD
5-6 Step left forward, step right forward
7&8 Shuffle forward stepping left, right, left

Option lady:

Let go left hand, raise right hand

5-6 Make ½ turn right step left back, make ½ turn right step right forward

REPEAT