

Can't Get Over

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Improver
編舞者: Sebastiaan Holtland (NL) - May 2008
音樂: Can't Get Over - September



Start the dance at facing 12:00, you start dancing on vocals

(1-8) STEP BACK, STEP BACK, STEP OUT, STEP OUT(with arm movement), 1/4 TURNING JAZZ BOX, STEP FWD

- 1-2 (1) Step back on Rf,(2) step back on Lf (12)
- 3-4 (3) step Rf out to the right side,(4) step Lf out to the left side weight onto Lf
- 5-6-7 (5) step Rf across Lf,(6) turn 1/4 right and step back on Lf,(7) step Rf to the right side weight onto Rf (3)
- 8 (8) step forward on Lf weight onto Lf (3)

Option In the steps 1 t/m 4 from the first section moving your both hands around, (If you are presentation your self)

(9-16) 1/2 STEP PIVOT L, 1/2 TRIPLE TURN L, ROCK / RECOVER, LOCKSTEP FWD

- 1-2 (1) Step forward on Rf,(2) pivot 1/2 left and take weight onto Lf (9)
- 3&4 (3) Turn 1/2 left and step back on Rf,(4) close Lf forward Rf,(4) step back on Rf weight onto Rf (3)
- 5-6 (5) Rock Lf back,(6) recover on Rf weight onto Rf
- 7&8 (7) Step forward on Lf,(8) lock Rf behind Lf,(8) step forward on Lf weight onto Lf (3)

(17-24) 1/2 STEP PIVOT L, 1/2 TURN L STEP BACK, 1/4 TURN L SIDE, SIDE ROCK / RECOVER, 1/2 SAILOR TOUCH

- 1-2 (1) step forward on Rf,(2) pivot 1/2 left take weight on Lf (9)
- 3-4 (3) turn 1/2 left and step back on Rf weight onto Rf (3).(4) turn 1/4 left and step Lf to the left side weight onto Lf (12)
- 5-6 (5) Rock Rf to the right side,(6) recover on Lf
- 7&8 (7) Step Rf behind Lf,(8) turn 1/2 right and step Lf to the left side,(8) touch Rf next to Lf take weight onto Lf (6)

(25-32) OUT OUT, SAILOR STEP R, SAILOR STEP L, R POINT BACK UNWIND 1/2 R TOGETHER

- 1-2 (1) Step Rf out to the right,(2) step Lf out to the left take weight onto Lf (6)
- 3&4 (3) step Rf behind Lf,(4) step Lf to the left side,(4) step Rf to the right side weight onto Rf
- 5&6 (5) Step Lf behind Rf,(6) step Rf to the right side,(6) step Lf to the left side weight onto Lf (6)
- 7-8 (7) Cross Rf behind Lf,(8) unwind 1/2 right and ending weight onto Lf (12)

(33-40) SYNCOPATED SIDE ROCKS, TURN 1/4 L, ROCK / RECOVER, LOCK STEP FWD

- 1-2 (1) rock Rf to the right side,(2) recover on Lf (12)
- & (&) Step Rf next to Lf
- 3-4 (3) Rock Lf to the left side,(4) recover on Rf
- 5-6 (5) Turn 1/4 left and rock Lf back,(6) recover on Rf (9)
- 7&8 (7) Step forward on Lf, lock Rf behind Lf, step forward on Lf weight onto Lf (9)

TAG: From here in 3rd and the 6th wall you get a 4 count tag, after the lock step on count 39&40 than you get 2x 1/2 step pivot left on Rf and ending weight onto left feet than start again with the 1st section

(41-48) BEND HOLD, JUMP BOTH FEET APART, TOGETHER, BEND HOLD, JUMP BOTH FEET, HOLD

- 1-2 (1) Bend on both feet with knees together,(2) HOLD (9)
- &3-4 (&3) Jump both feet apart weight onto both feet,(4) HOLD
- &5-6 (&5) Bend on both feet with knees together,(6) HOLD (9)
- &7-8 (&7) Jump both feet apart weight onto both feet,(8) HOLD and take weight on Lf (9)

START THE DANCE AGAIN AND HAVE FUN
