

No Can Do

拍數: 32 牆數: 2 級數: Beginner
編舞者: Amy Christian (USA) - February 2009
音樂: I Can't Go for That - Donny Osmond : (or the original version by Hall & Oats)



Intro: 32 Count

Cross Rock, Side Shuffle, Cross Rock, Side Shuffle

1-2 Cross R foot over L foot, Recover on L foot,
3&4 Step R foot to right side, Step L next to R, Step R foot to right side,
5-6 Cross L foot over R foot, Recover on R foot,
7&8 Step L foot to left side, Step R next to L, Step L foot to left side,

Rock Back, Recover, Step, Pivot ½, Walk, Walk, Walk, Together,

1-2 Step back on R foot, Recover on L foot,
3-4 Step fwd on R foot, Pivot ½ turn left, stepping L foot fwd,
5-6 Walk fwd, R, L, R,
8 Step L foot next to R, & Clap,

Slide R, Touch, Bump & Bump , Slide L, Touch, Bump & Bump,

1-2 Big step to right side on R foot, Drag L, Touch L foot next to R,
3&4 Bump L hip twice,
5-6 Big step to left side on L foot, Drag R, Touch R foot next to L,
7&8 Bump R hip twice,

Rocking Chair, Step Dia Fwd & Bump R Hip Fwd Twice, Bump L Hip Back Twice,

1-2 Rock fwd on R foot, Recover back on L foot,
3-4 Rock back on R foot, Recover fwd on L foot,
5&6 Step diagonally fwd on R foot and Bump right hips fwd, twice,
7&8 Bump L hip back, twice, (Your L foot should stay put, so that the R foot is in front)

Start again!

Website: www.linefusiondance.com
