

Can't Stay Out

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Bracken Heidenreich (USA) - October 2010
音樂: You Got Me Dizzy - Steve Miller Band : (CD: Bingo!)



8 count intro

TRIPLE LEFT, BACK ROCK, KICK BALL CHANGE, KICK BALL CHANGE

1&2 Step Left to left side, & close right next to left, step left to left side
3,4 Rock right back, recover to left in place (body should naturally open to diagonal)
5&6 Kick right forward, & Step ball of right back, Step left slight right of in place
7&8 Kick right forward, & Step ball of right back, Step left slight right of in place

TRIPLE RIGHT, BACK ROCK, KICK BALL CHANGE, KICK BALL CHANGE

1&2 Step Right to right side, & close left next to right, step right to right side
3,4 Rock left back, recover to right in place (body should naturally open to diagonal)
5&6 Kick left forward, & Step ball of left back, Step right slight left of in place
7&8 Kick left forward, & Step ball of left back, Step right slight left of in place

SIDE, BEHIND, QUARTER, STEP, HALF, SIDE, BEHIND, SIDE

1,2 Step left to left side, step right behind left
3,4 Make 1/4 turn left and step left forward (9:00), Step right forward
5,6 Pivot 1/2 turn left (3:00), step right to right side
7,8 Step left behind right, step right to right side

STOMP, HOLD (OR HEEL BOUNCE), CROSS, BACK, SIDE, TOUCH

1-4 Stomp left forward, hold for 3 counts (or bounce left heel for 3 counts)
5,6 Step right across (in front of) left, Step left back
7,8 Step right to right side, touch left next to right

Start Over And Have Fun!!!

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