

Can't Be Tamed

COPPER **KNOB**
BY STEPHEN

拍數: 32 牆數: 2 級數: Improver
編舞者: Michael Lynn (UK) - December 2010
音樂: Can't Be Tamed - Miley Cyrus : (Single - 2:48)



(16 count intro, 121bpm)

CROSS-TOUCH, LEFT HEEL GRIND, CROSS-SIDE SWITCHES, RIGHT KICK BALLCHANGE

1-2 Cross right over left, touch left to left side,
3-4& Touch left heel forward, grinding right to left, step left beside right,
5-6&7 Cross right over left, touch left to left side, step left beside right, touch right to right side,
8&1 Kick right to right diagonal, step right beside left, step onto left in place.

RIGHT ROCK RECOVER, BALL STEP, RIGHT ROCK RECOVER, BACK x4

2-3 Rock forward right, recover left,
&4 Step right beside left, step forward left,
5-6 Rock forward right, recover left,
&7 Step right back and out right, step left to left side,
&8 Step right back and out right, step left to left side.

BACK ROCK RECOVER, PIVOT 1/2 TURN LEFT x2, LEFT CROSS SHUFFLE

1-2 Rock right back, recover left,
3-4 Step forward right, pivot 1/2 turn left,
5-6 Step forward right, pivot 1/2 turn left,
7&8 Cross right over left, step left to left side, cross right over left.

STEP, SAILOR 1/4 TURN HITCH, KICK BALLSTEP, SWAYS x2

1 Step left to left side,
2&3 Step right behind left, step left 1/4 turn right, hitch right knee,
&4 Step right in place, step left beside right,
5&6 Kick right to right diagonal, step right beside left, step onto left in place,
7-8 Step right to right side as you sway right, left.

CHOREOGRAPHER'S NOTE'S

The dance can be used as a floor split with Guyton Mundy's intermediate dance "My DNA" or any other dances out there