

Can't Move On

COPPER KNOB
BY STEPSHEETS

拍數: 32
編舞者: Sue Marshall (UK) - October 2013
音樂: No Man's Land - Leanne Mitchell

牆數: 4

級數: Improver / Easy Intermediate



8 Count Intro

Section 1: STEP LEFT TO LEFT SIDE, DRAG RIGHT, BEHIND-SIDE-ACROSS, SIDE ROCK/RECOVER, ACROSS-ROCK-ROCK (Boto Fogo)

1 Step Left foot large step to left side
2 Drag Right toe towards Left foot
3&4 Step Right foot behind Left, step Left to left side, step Right across front of Left
5,6 Rock Left to left side, recover onto Right
7&8 Step Left across Right, small rock to right on Right, small rock to left on Left

Section 2: CROSS, BACK, BACK-ACROSS-BACK, ROCK BACK, RECOVER & TURN, STEP BACK, POINT

1,2 Cross Right over Left, step back on Left
3&4 Step back on Right, cross Left over Right, step back on Right
5,6 Rock back onto Left, recover forward onto Right turning half turn right (6 o'clock)
7,8 Step back on Left, point Right to right side

Section 3: STEP, POINT, KICK-BALL-POINT, TOUCH, UNWIND HALF TURN RIGHT, LEFT TOE-HEEL-STEP

1,2 Step forward on Right, point Left to left side
3&4 Kick Left forward, step down on ball of Left, point Right to right side
5,6 Touch Right toe behind Left heel, unwind half turn right onto Right (12 o'clock)
7&8 Touch Left toe beside Right foot, touch Left heel beside Right foot, step slightly forward onto Left

Section 4: FORWARD ROCK/RECOVER, SAILOR ¼ TURN LEFT, ACROSS, SIDE, HEEL-BALL-CROSS

1,2 Rock forward onto Right, recover back onto Left
3&4 Step Right behind Left, step Left ¼ turn left, step Right in place (9 o'clock)

* BOTH RESTARTS are here on WALLS 1 and 6 + TAG

5,6 Step Left across Right, step Right to side angling body to left diagonal
7&8 Touch Left heel forward to Left diagonal, step down on ball of Left, cross Right over Left

START AGAIN and SMILE!!

RESTART dance from beginning after step 28 (sailor turn) on Wall 1, and on Wall 6 after Tag.

TAG : on Wall 6 only – after step 28 (sailor turn)

1, 2 Sway Left, sway Right

Contact: countryfeet5678@yahoo.co.uk