

Can't Rely On You

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - January 2014
音樂: Can't Rely On You - Paloma Faith : (iTunes)



Starts on singing Vocals (32 Counts)

Sequence ... 48, 32, 48, 32, 48, 32, 48, 32.

Forward, Together, Back, Lock Step Back. 1/2 , 1/2 , Step Lock Step.

- 1-3 Step Forward on Left, Step Right next to Left, Step back on Left.
- 4&5 Step back on Right, lock Left over Right, step back on Right.
- 6-7 Make 1/2 turn to Left stepping forward on Left, make 1/2 turn to Left stepping Right next to Left.
- 8&1 Step forward on Left, lock Right behind Left, Step forward on Left. (12.00)

Side , Behind, Shuffle 1/4, Rock, Recover 1/2 Turn Shuffle.

- 2-3 Step Right to Right side, cross step Left behind Right.
- 4&5 Step Right to Right side, step Left next to Right, make 1/4 turn to Right stepping forward on Right.
- 6-7 Rock forward on Left, Recover on Right.
- 8&1 Make 1/4 turn to Left stepping Left to Left side, step Right next to Left, make 1/4 turn to Left stepping forward on Left. (9.00)

Step 1/2, Sailor 3/4, Step 1/2 Step 1/4 .

- 2-3 Step forward on Right, make 1/2 turn to Right stepping back on Left.
- 4&5 Make 1/4 turn to Right stepping Right behind Left, 1/4 turn Right stepping Left next to Right, 1/4 Right cross stepping Right slightly over Left.
- 6-7 Step forward on Left, make sharp 1/2 turn to Left touching Right next to Left. (6.00)
- 8-1 Step forward on Right, make sharp 1/4 turn to Right stepping Left next to Right. (9.00)

Lock Step Forward, Rock, Recover, Lock Step Back, 1/2, 1/4.

- 2&3 Step forward on Right, lock Left behind Right, step forward on Right.
- 4-5 Rock forward on Left, recover on Right.
- 6&7 Step back on Left, lock step Right over Left, step back on Left.
- 8& Make 1/2 turn to Right stepping forward on Right,*R* make 1/4 turn to Right stepping Left next to Right. (6.00)

Forward Rock, Side, Forward, Forward, Side, Coaster Step.

- 1& Rock forward on Right, recover on Left.
 - 3& Step Right to Right side, step forward on Left.
 - 5& Step forward on Right, step Left to Left side.
 - 7&8 Step back on Right, step Left next to Right, cross step Right over Left.(6.00)
- (Counts 2-4-6 are Holds..... 1-5& will make a square box shape)**

Side Rock, Cross, Back Back Behind, Side, Together, Step, Lock, (Step)

- 1-3 Rock Left to Left side, recover on Right, cross step Left over Right.
- 4&5 Step back on Right making 1/8 turn to Left, step back on Left, step Right slightly behind Left. (4.30)
- 6-7 Make 1/8 turn to Left stepping Left to Left side, step Right next to Left. (3.00)
- 8& (1) Step forward on Left, lock step Right behind Left, (Step forward on Left).

The Front and Back walls are always 48 counts..

The 2 side walls are always 32 counts .

Restart: Walls 2.. 4.. 6..

Dance up to and including count 8 (32) section 4 then Restart from beginning of dance.
