

# Can't Rely On You

拍數: 80      牆數: 2      級數: Advanced  
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音樂: Can't Rely On You - Paloma Faith



## Side, Cross Rock, Recover, Step back, Behind, Side, Cross 1/4 turn L, Step, Sweep 3/4 turn L.

1            Step Rf to R side  
2&3        Cross rock Lf over Rf, recover onto Rf, Step diagonally back on Lf  
4&5        Step back on Rf, close Rf next to Lf, make a 1/4 turn L and step forward on Rf  
6-7        Step forward on Lf, closing Rf next to Lf make a 3/4 turn L and sweeping Lf out to finish

## Sailor L, Hold x2, Close, Close, Side, Cross, Side, Back 1/4 turn L .

8&1        Cross Lf behind slightly behind Rf, close Rf next to Lf, step Lf to L side  
2-3        Hold, Hold  
4&5        Step Rf next to Lf, Step Rf next to Lf, Step Rf to R side  
6&7        Cross Lf over Rf, step Rf to R side, make a 1/4 L and step back on Lf

## Travelling 1/2 turn L, Side step and hip rolls x2 making two 1/4 turns L, 1/4 L, Full turn Spiral L, Step forward.

8&1        Step back on Rf, Make a 1/2 turn L and step forward on Lf, Step forward on Rf and start to Roll hips Anti clockwise  
2            Complete full rotation of hips making a 1/4 turn L (Weight finishes on Lf)  
3-4        Step forward on Rf and start to Roll hips Anti clockwise, complete full rotation of hips making a 1/4 turn L (Weight finishes on Lf)  
5            Make a 1/4 L and step forward on Rf  
6-7        Make a full spiral turn L, step forward on Lf

## Lock, Step back, Syncopated Locks steps back, 1/4 turn R into Sway x3.

8-1        Lock Rf in front and across Lf, step back on Lf  
2&3&      Step Rf diagonally back R, cross Lf over Rf, step back on Rf, step Lf diagonally back L  
4&5        Cross Rf over Lf, step back on Lf, make a 1/4 turn R step Rf to R side (swaying hips to R)  
6-7        Sway hips L, sway hips R

## L Lock forward, Syncopated High lock, Full turn L, Hold x2.

8&1        Make a 1/4 turn L and step forward on Lf, lock Rf behind Lf, step forward on Lf  
&2&3      Step forward on Rf (ball of foot), lock Lf behind Rf (ball of foot), step forward on Rf, step forward on Lf  
4&5        Make a 1/2 turn L and step back on Rf, make a 1/2 turn L and step forward on Lf, Step Rf to R side  
6-7        Hold, Hold

## Side steps with chest pops, Cross Rock, Recover, Step back, Travelling 1/2 turn R.

8-1        Close Lf next to Rf, Step Rf to R side (chest pops on counts 8,&,)  
2-3        Close Lf next to Rf, Step Rf to R side (chest pops on counts 8,&,)  
4&5        Cross rock Lf over Rf, recover onto Rf, step diagonally back on Lf (open body to L)  
6&7        Cross Rf over Lf, Step back on Lf to L diagonal, make a 1/2 turn R and step forward on Rf

## Travelling 1/2 turn R with Drag, Step back, Coaster step L, Step, Lock.

8&1        Make a 1/4 turn R and step Lf to L side, make a 1/4 turn R and step back on Rf, Take a big step back on Lf  
2-3        Pull Rf towards Lf, step back on Rf  
4&5        Step back on Lf, close Rf next to Lf, step forward on Lf  
(The above counts 6&7 8&1 2-3 4&5 are all danced traveling to 7:30 'diagonal')

6-7 Step forward on Rf, lock Lf behind Rf

**R Lock step, Cross, step back 1/4 turn L, Chasse L, Hold x2.**

8&1 Step forward on Rf, lock Lf behind Rf, step forward on Rf

**(6-7 8&1 are danced towards 1:30 diagonal)**

2-3 Cross Lf over Rf, make a 1/4 turn L and step back on Rf

4&5 Step Lf to L side, close Rf next to Lf, step Lf to L side

6-7 Hold, Hold

**Close, 1/4 turn R, Flick, Touch, Hold, Cross, Touch, Hold, Heel Swivel, Return, Hold, Chest pop, Hold.**

8& Close Rf next to Lf, make a 1/4 turn R and step forward on Lf

1&2 Flick Rf behind Lf, touch Rf to R side, hold

3&4 Step forward on Rf, touch Lf to L side, hold

5&6 Swivel both heels to R, return heels to place, hold

7&8 Pop chest out, return chest to position, hold

**Slow Cross with R leg, Slow full turn L, (weight ends on Lf).**

1 Place weight onto Lf

2-3-4 Lift R leg and slowly cross in front of Lf

5-6-7-8 Unwind a full turn slowly placing weight onto Lf

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