

Can't Control Your Feet

COPPER KNOB
STEPSHEETS

Count: 64

Wand: 2

Ebene: Intermediate

Choreograf/in: Neville Fitzgerald (UK) & Julie Harris (UK) - January 2020

Musik: No Strings Attached - Swingrowers : (iTunes)



Start 48 Counts on Vocals.

Cross, Touch, Kick, Behind Side, Cross , 1/4, 1/2 Shuffle.

- 1-3 Cross step Left over Right, touch Right next to Left, kick Right into Right diagonal
- 4&5 Cross step Right behind Left, step Left to Left side, cross step Right over Left.
- 6 Make 1/4 turn Right stepping back on Left. (3.00)
- 7&8 1/4 turn Right stepping Right to side, step Left next to Right, 1/4 turn Right stepping forward on Right. (9.00)

Sway, Sway, Sway, Sway, Back, 1/4 Rock, Recover, Back.

- 1-2 Push Left hip forward, recover Right pushing Right hip back.
- 3-4 Push Left hip forward, recover Right pushing Right hip back.
- 5-6 Step back on Left, make 1/4 turn Right rocking Right to side. (12.00)
- 7-8 Recover on Left, step back on Right sweeping Left out to side.

Behind, Side, Cross, 1/4 Cross Shuffle, Side, Touch, Kick Ball Cross.

- 1-3 Cross step Left behind Right, step Right to Right side, cross step Left over Right.
- 4&5 Make 1/4 turn to Right cross stepping Right over Left, step Left to side, cross step Right over Left. (3.00)
- 6-7 Step Left to Left side, touch Right next to Left.
- 8&1 Kick Right to Right diagonal, step Right next to Left, cross step Left over Right.

1/4, 1/2 Shuffle, Rock, Recover, Coaster Step.

- 2 Make 1/4 turn Left stepping back on Right. (12.00)
- 3&4 1/4 turn Left stepping Left to side, step Right next to Left, 1/4 turn Left stepping forward on Left. (6.00)
- 5-6 Rock forward on Right, recover on Left
- 7&8 Step back on Right, step Left next to Right, step forward on Right.

Heel. Hold, Ball Walk, Walk, Kick Ball Step, Skate Skate.

- 1-2 Touch Left heel forward, Hold.
- &3-4 Step Left next to Right, Walk forward Right-Left
- 5&6 Kick Right slightly out to Right corner, step Right next to Left as you dip down, step forward on Left. (Shorty George)
- 7-8 Walk forward (skating) Right-Left.

Hitch, Back, Back, Together, Step, 1/4 Cross Shuffle, Side

- 1-2 Hitch Right knee, step back on Right.
- 3-5 Step Left next to Right, step forward Right, step forward (slow coster step)
- 6&7 Make 1/4 turn Right cross stepping Right over Left, step Left to side, cross step Right over Left. (9.00)
- 8 Step Left to Left side. *R*

Together, Cross, 1/4, 1/2 Shuffle, Step 1/2 Step.

- 1-3 Step Right next to Left & at same time flick/kick Left out to side with small jump (pendulum swing) , cross step Left over Right, make 1/4 turn Left stepping back on Right. (6.00)
- 4&5 1/4 turn Left stepping Left to side, step Right next to Left, 1/4 turn Left stepping forward Left. (12.00)

6-8 Step forward Right, pivot 1/2 turn Left, step forward Right. (6.00)

Rocking Chair, Step 1/2, Step 1/2.

1-2 Rock forward on Left, recover Right.

3-4 Rock back on Left, recover Right.

5-6 Step forward on Left, pivot 1/2 turn Right.

7-8 Step forward on Left, pivot 1/2 turn Right.

Restart Wall 5 .. Dance Up To & Including count 7 Section 6 then HOLD restart from Beginning :)

Tag: End of Wall 6 facing 12.00

1-2 Cross rock Left over Right, recover Right using hips :)

3-4 Cross rock Left over Right, recover Right using hips :)

Last Update - 28 Jan. 2020
