Can't Let Go (P)



Count: 32 Wand: 0 Ebene: Partner

Choreograf/in: Jeff Mills (UK) & Thelma Mills (UK)

Musik: I May Hate Myself In the Morning - Lee Ann Womack



Position: Right Side by Side Position. Man's footwork listed. Lady's is same throughout unless stated

MAN'S STEPS

FULL TURN, SYNCOPATED LOCK STEP, FORWARD MAMBO, COASTER 1/4 TURN

1 Step forward right ¼ turn right OLOD

2 Turn ¼ turn right stepping back on left RLOD

3 Pivot ½ turn right on left stepping forward onto right LOD

Step forward left, step and lock right behind left, step forward left
Step and rock forward right, recover onto left, step back onto right

Step back on left, step right next to left, step forward left ¼ turn left ILOD

On count 3, release left hands and raise right hands. During counts 4&5, return back into Side By Side Position. On count 8, release left hands and raise right arms over lady's head. On count 1 rejoin left hands and finish with lady behind the man with hands at waist height

SWAY 1/4 TURN, 1/2 STEP PIVOT TURN STEP FORWARD

2-3 Step and sway right to right side, step and sway left ¼ turn left RLOD

4&5 Step forward right, pivot ½ turn left, step forward right LOD

On count 4 release right hands and raise left hands over lady's head. On count 5 return back into Side By Side

MAMBO STEP TWICE

Step and rock forward left, recover onto right, step back onto left
Step and rock back right, recover onto left step forward right

On count 6, release left hands. On count 1, raise right hands & lady to prep for full turn

WALK TWICE

Walk forward leftWalk forward right

On completion of count 3, return back into Side By Side

SHUFFLE TWICE

4&5 Left shuffle forward left-right-left

6&7 Right shuffle forward right-left-right, triple step

8&1 Left triple in place left-right-left

During counts 8 & 1, raise left hands over lady's head and finish facing each other in Double Cross Arm Position

ROCK STEP

2-3 Step and rock back on right behind left, recover on left, (with hip sway)

TRIPLE STEP

4&5 Right triple in place right-left-right

During counts 4 & 5 raise left over ladies head and finish in Side By Side

COASTER STEP, STEP LOCK

Step back on left, step right next to left, step forward left

Step forward right, step and lock left behind right, step forward right ¼ turn right OLOD

During counts 8&1 complete a syncopated step lock 1/4 turn right and you have now restarted the dance at

REPEAT

LADY'S STEPS

FULL TURN, SYNCOPATED LOCK STEP, FORWARD MAMBO, COASTER 1/4 TURN

1 Step forward right ¼ turn right OLOD

2 Turn ¼ turn right stepping back on left RLOD

3 Pivot ½ turn right on left stepping forward onto right LOD

Step forward left, step and lock right behind left, step forward left
Step and rock forward right, recover onto left, step back onto right

8&1 Step back on left, step right next to left, step forward left ¼ turn left ILOD

On count 3, release left hands and raise right hands. During counts 4&5, return back into Side By Side Position. On count 8, release left hands and raise right arms over lady's head. On count 1, rejoin left hands and finish with lady behind the man with hands at waist height

SWAY 1/4 TURN, 1/2 STEP PIVOT TURN STEP FORWARD

2-3 Step and sway right to right side, step and sway left ¼ turn left RLOD

4&5 Step forward right, pivot ½ turn left, step forward right LOD

On count 4 release right hands and raise left hands over lady's head. On count 5 return back into Side By Side

1/2 STEP PIVOT TURN STEP FORWARD TWICE

Step forward left, pivot ½ turn right, step forward left RLOD Step forward right, pivot ½ turn left step forward right LOD

On count 6, release left hands. On count 1, raise right hands & lady to prep for full turn

FULL TURN

Pivot ½ turn right stepping back onto left RLOD
 Pivot ½ turn right stepping forward onto right LOD

On completion of count 3 return back into Side By Side

SHUFFLE TWICE

4&5 Left shuffle forward left-right-left6&7 Right shuffle forward right-left-right

1/2 TRIPLE TURN

8&1 ½ Triple turn right left-right-left, RLOD

During counts 8&1 raise left hands over lady's head and finish facing each other in Double Cross Arm Position

ROCK STEP

2-3 Step and rock back on right behind left, recover on left, (with hip sway)

1/2 TRIPLE TURN

4&5 ½ Triple turn left right-left-right, LOD

During counts 4 & 5 raise left over lady's head and finish in Side By Side

COASTER STEP, STEP LOCK

Step back on left, step right next to left, step forward left

8&1step forward right, step and lock left behind right, step forward right ¼ turn right OLOD

During counts 8&1, complete a syncopated step lock ¼ turn right and you have now restarted the dance at count 1

REPEAT

