Just Can't Stop (無法停止) (zh)

拍数: 64 **墙数:** 2 **级数:** Intermediate

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音乐: Closer - Ne-Yo

前奏： Start 32 Counts After 1st Vocal (30 Seconds Into Track) 唱歌後32拍起跳

第一段 **Rock Step & Step 1/2, 1/2, 1/4, Out, Out.**
下沉 踏 踏 轉1/2 1/2 1/4 外 外

1-2& Rock forward on Right, recover back on Left, step Right next to Left.
右足前下沉, 左足後回復, 右足併踏

3-4 Step forward on Left, pivot 1/2 turn to Right.
左足前踏, 右轉180度

5-6 1/2 turn to Right stepping back on Left, 1/4 turn to Right stepping Right to Right side. (3.00)
右轉180度左足後踏, 右轉90度右足右踏(3點鐘)

7-8 Roll Left knee out as you step Left forward diagonal Left, roll Right knee out as you step Right forward diagonal Right.
左膝蓋向左斜角線旋轉左足前踏, 右膝蓋向右斜角線旋轉右足前踏

第二段 **Walk Back In Arc 1/4 Turn, Coaster Step, Walk**
以弧形後走轉90度, 海岸步, 走

1-5 Walk backwards L-R-L-R-L in an arc making a clockwise 1/4 turn Right. (6.00) 順時針方向以弧形後走步-左,右,左,右,左-右轉90度(6點鐘)

6&7 Step back on Right, step Left next to Right, step forward on Right.
右足後踏, 左足併踏, 右足前踏

8 Step forward on Left. 左足前踏

第三段 **Knee Roll Step, Knee Roll Step, Reverse Hitch 1/2 Turn, Rock Step.**
旋轉膝蓋踏, 旋轉膝蓋踏, 抬轉1/2, 下沉踏

1-2 Touch Right toe forward slightly diagonal Right rolling knee out, step down on Right. 右足趾右斜角線前略點膝蓋向外旋轉, 右足踏

3-4 Touch Left toe forward slightly diagonal Left rolling knee out, step down on Left. 左足趾左斜角線前略點膝蓋向外旋轉, 左足踏

5-6 Hitching Right knee make 1/4 turn to Right on ball of Left, with weight still on Left & Right knee still hitched make 1/4 turn to Right. 以左足右轉90度右膝蓋抬, 同姿勢再右轉90度

7-8 Rock to Right side on Right, recover on Left.
右足右下沉, 左足回復

第四段 **Sailor Step, Sailor Step, Behind, Unwind Full Turn, Rock Step**
水手步, 水手步, 後, 轉圈, 下沉踏

1&2 Cross step Right behind Left, step Left to Left side, step Right to Right side. 右足於左足後交叉踏, 左足左踏, 右足右踏

3&4 Cross step Left behind Right, step Right to Right side, step Left to Left side. 左足於右足後交叉踏, 右足右踏, 左足左踏

5-6 Cross Right behind Left, unwind full turn to Right taking weight on Right. 右足於左足後交叉踏, 右轉一圈重心在右足

7-8 Rock to Left side on Left, recover on Right.
左足左下沉, 右足回復

第五段 **1/2 Cross & Cross & Cross & Step, Out, Out, Back, Back**
交叉轉1/2, 交叉, 交叉, 踏, 外 外, 後 後

1&2& Cross step Left over Right, turning slightly to Right step Right next to Left, cross step Left over Right, turning slightly to Right step Right next to Left.
左足於右足前交叉踏, 身體略轉向右右足併踏
左足於右足前交叉踏, 身體略轉向右右足併踏

3&4 Cross step Left over Right, turning slightly to Right step Right next to Left, step forward on Left.
左足於右足前交叉踏, 身體略轉向右右足併踏, 左足前踏

*** (Counts 1-4 make 1/2 turn to Right in an arc)
1-4拍產生右轉180度

5-6 Step forward & out on Right, step forward & out on Left.
右足向外前踏, 左足向外前踏

7-8 Step back & out on Right, step back & out on Left sticking your butt out. 右足向外後踏, 左足向外後踏臀部向外推

第六段 **& Cross, 1/4 , 1/2 , Side, Rock & Side, Sailor 1/4**
交叉, 1/4, 1/2, 側, 下沉 側, 轉水手1/4

&1-2 Step Right next to Left, cross step Left over Right, make 1/4 turn Right stepping back on Right.
右足併踏, 左足於右足前交叉踏, 右轉90度右足後踏

3-4 Make 1/2 turn to Left stepping forward on Left, step Right to Right side. 左轉180度左足前踏, 右足右踏

5&6 Cross rock Left behind Right, recover on Right, step Left to Left side. 左足於右足後交叉下沉, 右足回復, 左足左踏

7&8 Cross step Right making 1/4 turn to Right, step Left next to Right, step forward on Right. 右轉90度右足交叉踏, 左足併踏, 右足前踏

第七段 **Step, Hold, 1/4 Twist, 1/4 Twist, Sailor 1/2, Step, Hold.**
踏, 候, 雙腳轉1/4, 雙腳轉1/4, 轉水手1/2, 踏, 候

1-2 Step forward on Left, Hold. 左足前踏, 候

3-4 Twist 1/4 turn to Right, twist 1/4 turn to Left taking weight on Right. 雙腳右轉90度, 雙腳左轉90度重心在右足

5&6 Cross step Left behind Right making 1/4 turn to Left, make 1/4 turn to Left stepping Right next to Left, step forward on Left.
左足於右足後左轉90度交叉踏, 左轉90度右足併踏, 左足前踏

7-8 Step forward on Right, Hold. 右足前踏, 候

第八段 **Step, Hold, Hitch, Back, Slide, Look, Look, Step**
踏, 候, 抬, 後, 滑, 看, 看, 踏

1-2 Step forward on Left, Hold. 左足前踏, 候

3-4 Hitch Right knee forward, step back on Right.
右膝蓋前抬, 右足後踏

5-6 Slide Left back so Left leg extended back (weight on Right, Right knee bent), Look to Left.
左足向後滑讓左腿向後伸展(重心在右足, 右膝蓋彎曲), 向左看

7-8 Look forward, step forward on Left. 向前看, 左足向前