

I Can't Do This

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Darren Bailey (UK) - July 2016
音乐: I Can't Do This - Vince Gill



Intro: 8 counts, start on Lyrics

R Nightclub basic, 1/4 turn L, Full turn L with sweep, Behind, Side, Cross rock, Recover, Close

- 1-2& Step RF to R side, Step LF next to RF (3rd position), Cross RF over LF
3-4& Make a ¼ turn L and step forward on LF, Step forward on RF, Make a ½ pivot turn L (now facing 3:00)

Restart: On wall 4 restart here, But you need to make a ¼ turn L to Restart the dance again facing the same wall. Restart the dance again facing (9:00)

- 5-6& Make a ½ turn L and step back on RF whilst sweep LF from front to back, Cross LF behind RF, Step RF to R side (now facing 9:00)
7-8& Cross rock LF in front of RF turn body slightly R to face 10:30, Recover, Close LF next to RF

Note: □between counts 7-8 you can make a small body roll down to the recover step)

Step R, Full turn and a half L with sweep, Cross, Back, ¼ R with Sway R, L, R, Cross, Side

- 1-2& Step forward on RF, Make a ½ turn pivot L, Make a ½ turn and step back on RF (now facing 10:30)
3-4& Make a ½ turn L and step forward on LF whilst sweeping RF from back to front, Cross RF over LF, Step back on LF turning slightly R to face 6:00
5-6 Make a ¼ turn R and step RF to R side swaying to R, Sway to L (now facing 9:00)
7-8& Sway to R, Cross LF in front of RF, Step RF to R side

Tag: On wall 6 Add one more sway to the L on count 8 and restart the dance again, facing 9:00

Behind with sweep, Behind, Side, Cross, Full turn L, Step L, Hold x2, 3/4 turn R, Step L with Hand, Hand

- 1-2& Cross LF behind RF whilst sweep RF from front to back, Cross RF behind LF, Step LF to L side
3&4 Cross RF over LF (with prep for full turn), Make a full turn L, Step LF to L side (now facing 9:00)
5-6 Hold, Hold
7-8& Pushing onto RF make a ¾ turn R, Step forward on LF (but keep weight split between LF and RF) and extend L hand forward, Extend R hand forward (now facing 6:00)

Note: □on the counts 5-6 (the 2 holds) you can slowly push your hands away from your body and body should slowly rotate slightly L

Pull, Walk R, Walk L, ¼ turn L with R Nightclub basic, Night Club C figure (Full turn), Sway R, Drag into L

- 1-2& Pull your hands toward you closing into fists (weight shifts forward onto LF), Step forward on RF, Step forward on LF
3-4& Make a ¼ L and Step RF to R side, Step LF next to RF (3rd position), Cross RF over LF (now facing 3:00)
5-6& Step LF to L side and make a ¼ turn R, Make a ¼ turn R and Step forward on RF, Make a ½ turn R closing LF next to RF (now facing 3:00)
7-8 Step RF to R side and Sway to R, Sway to L and Drag RF in towards LF (collapsing the body)

Hope you enjoy the dance. Live to Love; Dance to Express.

Last Update – 24th July 2016