Can't Control Your Feet

级数: Intermediate

编舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - January 2020

音乐: No Strings Attached - Swingrowers : (iTunes)

Start 48 Counts on Vocals. Cross, Touch, Kick, Behind Side, Cross, 1/4, 1/2 Shuffle. Cross step Left over Right, touch Right next to Left, kick Right into Right diagonal Cross step Right behind Left, step Left to Left side, cross step Right over Left. Make 1/4 turn Right stepping back on Left. (3.00) 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. Push Left hip forward, recover Right pushing Right hip back. Push Left hip forward, recover Right pushing Right hip back. Step back on Left, make 1/4 turn Right rocking Right to side. (12.00) Recover on Left, step back on Right sweeping Left out to side. Behind, Side, Cross, 1/4 Cross Shuffle, Side, Touch, Kick Ball Cross, Cross step Left behind Right, step Right to Right side, cross step Left over Right. Make 1/4 turn to Right cross stepping Right over Left, step Left to side, cross step Right over Left. (3.00) Step Left to Left side, touch Right next to Left. Kick Right to Right diagonal, step Right next to Left, cross step Left over Right. 1/4, 1/2 Shuffle, Rock, Recover, Coaster Step. Make 1/4 turn Left stepping back on Right. (12.00) 1/4 turn Left stepping Left to side, step Right next to Left, 1/4 turn Left stepping forward on Left. (6.00) Rock forward on Right, recover on Left Step back on Right, step Left next to Right, step forward on Right. Heel. Hold, Ball Walk, Walk, Kick Ball Step, Skate Skate. Touch Left heel forward, Hold. Step Left next to Right, Walk forward Right-Left Kick Right slightly out to Right corner, step Right next to Left as you dip down, step forward on Left. (Shorty George) 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)





拍数: 64

1-3 4&5

6

7&8

1-2

3-4

5-6

7-8

1-3 4&5

6-7

8&1

2 3&4

5-6

7&8

1-2

&3-4

5&6

7-8

墙数:2

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