I Can't Dance



拍数: 32 墙数: 4 级数: Intermediate

编舞者: Daniel Trepat (NL) - December 2008 音乐: I Can't Dance (Remix) - Genesis



Dance starts after: 32 counts

Start with both feet apart

Body drop with knees and jump, jump and kick 2x, step, coaster step

1	Bend knees to each other and body goes down
2	Straight up and make a small jump on the spot
3	RF Small jump and kick LF back
4	RF Small jump and kick LF forward

4 RF Small jump and kick
5 LF Big step backwards
6 Drag RF towards LF
7 RF Step backward
& LF Step next to RF
8 RF Step forward

Scuff hitch side 2x, toes in, heels in, toes in, toes out, toes in

1 LF Scuff forward

& LF Hitch

2 LF Step out to left side

3 RF Scuff forward

& RF Hitch

4 RF Step out to right side

5 Toes in
6 Heels in
7 Toes in
8 Toes out
8 Toes in

½ drag turn L, shuffle fwd, ¼ turn R, rock step 2x, step

1 LF ¼ turn left stepping forward and start dragging right toes over the ground (towards LF)

2 LF ¼ turn left finishing the drag turn (6.00)

3 RF Step forward& LF Step together4 RF Step forward

5 LF ¼ turn right stepping to left side (9.00)

6 RF Recover weight on to RF
7 LF Rock diagonally right forward
& RF Recover weight on to RF

8 LF Step to left side

1 ½ drag turn R, walk, walk, out, out, hip movement

1 RF ¼ turn right stepping forward and start dragging left toes over the ground (towards RF)

2 RF 1 ¼ turn right finishing the drag turn (3.00)

3 RF Step forward
4 LF Step forward
5 LF Step to left side
6 RF Step to right side

7 & 8 Counter clockwise hip movement

Restart after 8 counts in the 5th wall

Another restart after 16 counts in the 11th wall