I Can't Stop Now

拍数: 16

级数: Improver

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音乐: I've Been Loving You Too Long - Otis Redding

Quick start, after about 1 second when the singer says "Loving.. " NO TAG - NO RESTART

SECTION 1. BASIC NC - SIDE ROCK - BASIC NC - FORWARD - 1/2 TURN - FORWARD - FULL TURN - FORWARD ROCK - BACK (06.00)

- 1-2& Long step R to side Step L behind R Step R slightly over L
- a3 Step rock L to sde Recover on R
- 4&a Step L to side Step R behind L Step L slightly over R
- 5-6 Step R forward Turn 1/2 left, step on L (6.00)
- &a7 Step R forward Turn 1/2 right, step back on L Turn 1/2 right, step R forward (6.00)
- 8&a Step rock L forward Recover on R Step L backward

SECTION 2. SIDE - CROSS - SIDE ROCK - WEAVE - 1/4 TURN - HITCH - CROSS - HINGE - CROSS - CROSS - SIDE - DRAG (09.00)

- 1 Step R to side
- 2&a Cross L over R Step rock R to side Recover on L
- 3-4& Cross R over L Step L to side Step R behind L
- a5 Turn 1/4 left, step L forward (9.00) Hitch R
- 6&a7 Cross R over L Turn 1/4 right, step back on L Turn 1/4 right, step R to side Cross L over L, sweeping R from back to front
- 8&a Cross R over L Long step L to side Drag R toe toward L

Enjoy and happy dancing

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