Can't Get You Off My Mind

级数: High Beginner

编舞者: Becky Hawthorne (USA) - January 2023

音乐: Late Night Talking - Harry Styles

Intro: 16 counts. (Count beginning chords as $12_56_{,1}2_{5,7}$) Dance starts 2 counts before the vocals enter.

No tags, no restarts

拍数: 32

Section 1: SIDE ROCK, 1/4 SIDE ROCK, 1/4 SIDE ROCK, BEHIND, SIDE, CROSS

- 1, 2 Rock RF to R side, Recover weight to LF
- 3, 4 1/4 Rock RF to R side (turn to 9:00), Recover weight to LF
- 5, 6 1/4 Rock RF to R side (back to 12:00), Recover weight to L
- 7 & 8 Step RF behind LF, Step LF to L side (&), Cross RF over L

Section 2: SIDE ROCK, CROSS, 1/4 BACK, REVERSE ROCKING CHAIR

- 1, 2 Rock LF to L side, Recover weight to RF
- 3 Cross LF over R
- 4 1/4 Step RF back (9:00) while lifting toes of LF allowing LF to rotate around on heel
- 5, 6 Rock LF back, Recover weight forward on RF
- 7, 8 Rock LF forward, Recover weight back on RF

Section 3: BALL, CROSS, HOLD X 2, BALL, CROSS ROCK, SIDE ROCK

- & 1, 2 Step L ball to L side (&), Cross RF over L, Hold
- & 3, 4 Step L ball to L side (&), Cross RF over L, Hold
- & 5, 6 Step L ball to L side (&), Cross rock RF over L, Recover weight back on LF
- 7, 8 Rock RF to R side, Recover weight to LF

*Optional styling: Lift L shoulder with L ball step, Lift R shoulder with RF cross over

Section 4: OUT, HOLD, OUT, HOLD, CROSS, 1/2 TURN HEEL BOUNCES

- 1, 2 Small sweep RF out to R side, Hold
- 3, 4 Small sweep LF out to L side, Hold
- 5 Cross RF over L
- 6, 7, 8 Unwind 1/2 turn L with three heel bounces (3:00) weight ends fwd on LF

*Optional styling: Look to right on counts 1-2, Look to left on counts 3-4

Suggested ending: Song ends during Wall 10, facing 12:00, after count 5 in Section 4. Cross RF over L and hold.

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Last Update: 30 Apr 2023





墙鹨

墙数:4