

No Can Do

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Rachael McEnaney (USA) - July 2023
音乐: No Can Do - Restless Road



Count In: 16 counts from start of the track - dance begins on lyrics

Notes: 1 restart during the 3rd wall after 16 counts.

1 tag during the 7th wall after 16 counts.

A special thank you to Ami Walker and Jo Thompson for their input.

[1 - 8] R CROSS. L SIDE. R BEHIND. L POINT, L CROSS POINT, L POINT, L CROSS, R KICK

1 2 3 4 Cross R over L [1]. Step L to left side [2]. Cross R behind L [3]. Point L to left side [4] 12:00
5 6 7 8 Point L forward over R [5]. Point L to left side [6]. Cross L over R [7]. Kick R to right diagonal [8] 12:00

[9 - 16] R BEHIND, L SIDE, R CROSS SHUFFLE, 3/4 TURN LEFT WALKING (L-R) L SHUFFLE

123&4 Cross R behind L [1]. Step L to left side [2]. Cross R over L [3]. Step L to left side [&]. Cross R over L [4] 12:00
5 6 Make 1/4 turn left stepping L forward [5]. Make 1/4 turn L stepping R forward [6]. 6:00
7 & 8 Make 1/4 turn left stepping L forward [7]. Step R next to L [&]. Step L forward [8] 3:00

Restart 3rd wall begins facing 6:00, restart the dance facing 9:00

[17 - 24] R FWD ROCK, R COASTER STEP, L FWD, 1/2 PIVOT R, L FWD, 1/2 PIVOT R.

123&4 Rock R forward [1]. Recover weight L [2]. Step R back [3]. Step L next to R [&]. Step R forward [4] 3:00
5 6 7 8 Step L forward [5]. Pivot 1/2 turn right [6]. Step L forward [7]. Pivot 1/2 turn right [8] 3:00

[25 - 32] L STOMP, R KICK-BALL-CHANGE, R STOMP, L KICK-BALL-CHANGE, L STOMP, SWEEP R

12&34 Stomp L forward [1]. Kick R forward [2]. Step in place on ball of R [&]. Step L in place [3]. Stomp R forward [4] 3:00
5&678 Kick L forward [5]. Step in place on ball of L [&]. Step R in place [6]. Stomp L forward [7]. Sweep R [8] 3:00

TAG 7TH WALL BEGINS FACING 6:00 - DANCE UP TO COUNT 16 THEN ADD THE FOLLOWING 4 COUNTS:

1234 Step R to right side as you raise R hand up as if 'chugging a drink' for 4 counts - then restart dance. 9:00

START AGAIN ☺ HAVE FUN