Can't Say No

拍数: 32

级数: Beginner

编舞者: Diane Capon (UK) - July 2025

音乐: Can't Say No - The Wombats

Intro 32 counts - start on lyrics.

Section 1 (1-8) Heel and Heel, Out Out, In In

- 1,2,3,4 Dig R heel forward and bring it in, then L heel forward and bring it back in
- 5,6,7,8 Step R out to R side, step L out to L side, step R in, step L in

Section 2 (8-16) Paddle Left ½ turn over 8 counts

- 1,2,3,4 Paddle 1/8th turn left rocking R to R side. Paddle 1/8th turn left rocking R to R side.
- 5,6,7,8 Paddle 1/8th turn left rocking R to R side. Paddle 1/8th turn left rocking R to R side.

Section 3 (17-24) Walk Forward and Kick and Back and Touch

- 1,2,3,4 Walk forward R, L R, and kick L foot forward
- 5,6,7,8 Walk back L, R, L, and touch R in

Section 4 (25-32) Forward Diagonally Right, Touch, Forward Diagonally Left, Touch, Back Diagonally Right, Touch, Back Diagonally Left, Touch (with claps)

- 1,2,3,4 Step R forward diagonally right, touch L beside right foot, step L forward diagonally left, touch R beside left foot (with claps)
- 5,6,7,8 Step R foot back diagonally R, touch L beside right foot, step L foot back diagonally L, touch R foot beside L (with claps)

TAG: 16 count tag at the end of wall 7 (you will be facing 6 o'clock)

Paddle around left back to where you were - full turn.

TAG Section 1 Paddle left 1/2 turn over 8 counts

1,2 3,4. Paddle 1/8th turn left rocking R to R side. Paddle 1/8th turn left rocking R to R side.

5 6 7 8. Paddle 1/8th turn left rocking R to R side. Paddle 1/8th turn left rocking R to R side.

TAG Section 2 Paddle left 1/2 turn over 8 counts

1,2,3 4. Paddle 1/8th turn left rocking R to R side. Paddle 1/8th turn left rocking R to R side.

5 6,7 8. Paddle 1/8th turn left rocking R to R side. Paddle 1/8th turn left rocking R to R side.

The lyrics provide plenty of opportunity to add various arm movements - get creative and enjoy

WRITTEN FOR MY HUBBY PAUL, WHO LOVES THIS SONG AND ASKED ME TO WRITE A DANCE TO IT. HE IS GOING TO HAVE A GO AT LEARNING THIS DANCE XX

Last Update: 10 Jul 2025





墙数:2