

No Can Do

拍数: 96 墙数: 1 级数: Intermediate
编舞者: Karen Jones (UK), Doug Miranda (USA) & Jackie Miranda (USA)
音乐: I Can't Go For That (No Can Do) - Donny Osmond



STEP BACK, DRAG, BALL, WALK RIGHT LEFT, RIGHT TAP, KNEE FAN, LEFT TAP, KNEE FAN

- 1-2 Right foot step back, drag left towards right
- &3-4 Step onto ball of left, walk forward right, walk forward left
- 5-6 Tap right toe next to left, fan right knee out to right (body angled towards right diagonal) (weight ends right)
- 7-8 Tap left toe next to right, fan left knee out to left (body angled towards left diagonal) (weight ends left)

SKATE RIGHT, SKATE LEFT, SHUFFLE ¼ TURN RIGHT, SKATE ¼ LEFT, SKATE RIGHT, SHUFFLE ¼ TURN LEFT

- 1-2 Skate right, skate left (traveling slightly forward)
- 3&4 Shuffle right, left, right into a ¼ turn right
- 5-6 Make a ¼ turn left as you skate left, skate right (traveling slightly forward)
- 7&8 Shuffle left, right, left into a ¼ turn left (facing 9:00 wall)

KICK FORWARD, KICK SIDE, SAILOR ½ TURN RIGHT, TOUCH FORWARD, TOUCH SIDE, LOCK STEP FORWARD

- 1-2 Kick right foot forward, kick right foot to right side
- 3&4 Sweep right foot around into a ½ turn right sailor step, stepping right behind left, step left to left side, step right to right side (you are now facing the 3:00 wall)
- 5-6 Touch left foot forward, touch left foot to left side
- 7&8 Lock step forward left, right, left

ROCK FORWARD, RECOVER, TRIPLE ¾ TURN RIGHT, ROCK FORWARD, RECOVER, TRIPLE ½ TURN LEFT

- 1-2 Rock forward right, recover left
- 3&4 Make a ¾ triple step turn right stepping right, left, right (facing 12:00 wall)
- 5-6 Rock forward left, recover right
- 7&8 Make a ½ turn triple step left stepping left, right, left (facing 6:00 wall)

After you have danced through the dance twice, you will hear a change in mood and tempo when you get to here. You can eliminate the hip bumps and simply do the arm and hand movements to the music in a smooth motion, keeping everything the same but just eliminating the "bounce" of the hip bumps

STEP RIGHT FORWARD AT AN ANGLE, HIP BUMPS, STEP LEFT AT SLIGHT ANGLE, HIP BUMPS INTO ¼ TURN LEFT

- 1-4 Step right forward at a slight angle and bump hips to right for 4 counts (weight ends right)
Styling: take right hand and arm, palm up and go from midsection extending the hand and arm from left to right side as you also move your body to the right
- 5-8 Step left forward at a slight angle and bump hips to left into a ¼ turn left (weight ends left)
Styling: take left hand and arm, palm up and go from midsection extending the hand and arm from right to left side as you also move your body into a ¼ turn left

STEP FORWARD, ½ TURN LEFT, BACK COASTER STEP, STEP FORWARD, ½ TURN LEFT, BACK COASTER STEP

- 1-2 Step right forward, make a ½ turn left as you lean back on right (weight ends right)
- 3&4 Step back on left, step right next to left, step left forward (back coaster step)
- 5-6 Step right forward, make a ½ turn left as you lean back on right (weight ends right)
- 7&8 Step back on left, step right next to left, step left forward (back coaster step)

STEP RIGHT FORWARD AT AN ANGLE, HIP BUMPS, STEP LEFT AT SLIGHT ANGLE, HIP BUMPS INTO ¼ TURN LEFT

1-4 Step right forward at a slight angle and bump hips to right for 4 counts (weight ends right)

Styling: take right hand and arm, palm up and go from midsection extending the hand and arm from left to right side as you also move your body to the right

5-8 Step left forward at a slight angle and bump hips to left into a ¼ turn left (weight ends left)

Styling: take left hand and arm, palm up and go from midsection extending the hand and arm from right to left side as you also move your body into a ¼ turn left

STEP FORWARD, ½ TURN LEFT, BACK COASTER STEP; STEP FORWARD, ½ TURN LEFT, SAILOR STEP

1-2 Step right forward, make a ½ turn left as you lean back on right (weight ends right)

3&4 Step back on left, step right next to left, step left forward (back coaster step)

5-6 Step right forward, make a ½ turn left as you lean back on right (weight ends right)

7&8 Swing the left foot around into a left sailor step, stepping left behind right, step right to right side, step left to left side

RIGHT SAILOR STEP, LEFT SAILOR STEP, ½ TURN LEFT, SIDE, BEHIND, SLIDE

1&2 Right sailor step, stepping right behind left, step left to left side, step right to right side

3&4 Left sailor step, stepping left behind right, step right to right side, step left to left side

5-6 Step right forward, turn ½ turn left (weight ends forward on left)

7&8 Step right to right side, step left behind right, as you make a big step to right slide left slightly towards right

LEFT SAILOR STEP, WEAVE LEFT, POINT SIDE, POINT BEHIND, STEP SIDE, ¼ TURN RIGHT, KICK

1&2 Left sailor step, stepping left behind right, step right to right side, step left to left side

3&4 Step right behind left, step left to left side, cross right over left

5-6 Point left to left side, point left behind right while weight remains on right

Styling note: as you point left to left side, swing arms to left side and then to right side as you point left behind right

7-8 Step left back, make a ¼ turn right and kick right forward

RIGHT SAILOR STEP, LEFT SAILOR STEP, ½ TURN LEFT, SIDE, BEHIND, SLIDE

1&2 Right sailor step, stepping right behind left, step left to left side, step right to right side

3&4 Left sailor step, stepping left behind right, step right to right side, step left to left side

5-6 Step right forward, turn ½ turn left (weight ends forward on left)

7&8 Step right to right side, step left behind right, as you make a big step to right slide left slightly towards right

LEFT SAILOR STEP, WEAVE LEFT, POINT SIDE, POINT BEHIND, ¼ TURN LEFT, KICK RIGHT FORWARD

1&2 Left sailor step, stepping left behind right, step right to right side, step left to left side

3&4 Step right behind left, step left to left side, cross right over left

5-6 Point left to left side, point left behind right while weight remains on right

Styling note: as you point left to left side, swing arms to left side and then to right side as you point left behind right

7-8 Make a ¼ turn left as you step forward on your left (you are at the front or 12:00 wall), kick right foot forward

REPEAT
