

Can't Get It Back

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate/Advanced
编舞者: Guyton Mundy (USA) & Joey Warren (USA)
音乐: Can't Get It Back - Mis-Teeq



PRESS, STEP BACK, TOGETHER, CROSS STEP, SIDE STEP, ¾ TURN, SAILOR, ½ TURN SAILOR

1&2 Step on right toe in front of left, slide left back, step right to right side, cross left over right
3-4 Step right to right side, with weight on right turn ¾ turn to the left (you will be at 3:00 wall)
5&6 Step left behind right, step together with right, step forward on left
7&8 While making a ½ turn to the right, step right behind left, step together with left, step forward on right

You will be facing the 9:00 wall

SYNCOPATED JAZZ WITH HITCH, STEP CROSS, UNWIND ½ TURN, COASTER, WALK

1&2 Cross left over right, step back on right, step left to left side while hitching right up across left
3-4 Step right to right side, cross step left over right, unwind ½ turn to the right (facing 3:00 wall)
5&6 Step back on left, step together with right, step forward on left
7-8 Walk forward right, left

ROCK/RECOVER, CROSS, COASTER, STEP, ¼ TURN WITH HITCH, BIG SIDE STEP, IN FRONT, SIDE STEP

1&2 Rock right to right side, recover on left, cross right over left
3&4 Step back on left, step together with right, take a big step forward on left
5-6 Step forward on right, hitch left up crossing over right while making a ¼ turn to the left (12:00 wall)
7&8 Step left to left side, cross right in front of left, step left to left side

½ TURN, OUT, OUT, SYNCOPATED JAZZ, TOUCH BEHIND, ¾ UNWIND, COASTER

1&2 While making a ½ turn to the right step right forward, step left to left side, step right to right side (6:00 wall)
3&4 Cross left over right, step back on right, step left to left side
5-6 Touch right behind left, unwind ¾ turn to the right (3:00 wall)
7&8 Step back on left, step together with right, step forward on left

REPEAT

RESTART

After the 4th wall, do the first 16 counts of the dance and restart, you will be restarting at the 12:00 wall.

ALTERNATE STEPS

On the second set of 8 counts 9-12, Joey and I do this one part different. For the first 4 counts of the second 8, Joey teaches it this way

1&2& Cross left over right, step back on right, step left to left side, hitch right up across left
3&4 Step right to right side, cross left over right, unwind ½ turn to the right