

Can't Help It

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
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音乐: Clumsy - Fergie : (CD: The Duchess)



LOCK STEP FORWARD, ¼ TURN LEFT, SIDE STEP, MAMBO STEP

- 1-2 Step left forward, cross right behind left
- 3-4 Step left forward, scuff right turning a ¼ turn left, lightly touching left toe
- 5-6 Step right to right side, step left next to right
- 7-8 Mambo in place; stepping left, right left

RIGHT VINE, SHUFFLE SIDE LEFT

- 1-4 Step right to right side, cross left behind, step right to right side
- 5-6 Step left to left side, step right next to left
- 7&8 Shuffle side, left, right, left

ROCK FORWARD, ¼ TURN RIGHT, STEP OUT LEFT, TOUCH TOE RIGHT WITH HEAD TURN

- 1-2 Step right foot forward, rock forward, recover on left
- 3-4 Step right to right side turning a ¼ to the right, touch left next to right
- 5-6 Step left toe out to left side, step right foot in place, step left next to right
- 7-8 Touch right toe out to right side, slide right foot back into center

WHILE STEPPING OUT, TURN HEAD TO THE RIGHT AND BACK TO CENTER ¼ TURN, HIP SHAKES, ¼ TURN, STEPPING UP AND FORWARD

- 1-2 Step right forward foot, pivoting to the left
- 3&4 Hip shakes, ending with weight on left
- 5-6 Step right forward foot, pivoting to the left
- 7-8 Step forward and up on left, bring right foot next to right, keeping weight on right

REPEAT
