

# LMFAO!

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Mathias Pflug (DE) - January 2012  
音乐: I Can't Dance (feat. LMFAO) - Dirt Nasty



**Start: On main vocals! (=After count 32!)**

## **Rock Forward, Shuffle Back, Rock Back, Shuffle Forward**

1-2            Step right forward, Recover on left  
3&4           Shuffle back (r-l-r)  
5-6           Step left back, Recover on right  
7&8           Shuffle forward (l-r-l)

## **1/2 Turn l Heel And Toe Syncopation, Rock Forward, Full Turn Coaster Step**

1&            Start 1/2 turn left while touching right heel forward, Step right beside left  
2&            Touch left toe beside right, Step left beside right  
3&            Touch right heel forward, Step right beside left  
4&            Finish the 1/2 turn left and touch left to beside right, Step left beside right (6.00)  
5-6           Step right forward, Recover on left  
7&8           Make a full turn right while dancing a coaster step (r-l-r) (6.00)

**(Easier Option: 7-8 Make a normal coaster step (r-l-r))**

## **Step, 1/4 Pivot Turn r, Crossing Shuffle, Side, Behind & Heel & Cross**

1-2            Step left forward, 1/4 turn right on both balls (9.00)  
3&4           Cross left over right, Slide right next to left, Cross left over right  
5-6           Step right to right, Cross left behind right  
&7            Step right to right, Tap left heel forward  
&8            Step left beside right, Cross right over left

## **1/4 Turn r, Back, Coaster Step, Heel & Heel & Kick-Ball-Change**

1-2            1/4 turn right and step left back, Step right back (12.00)  
3&4           Step left back, Step right beside left, Step left forward  
5&            Tap right heel forward, Step right beside left  
6&            Tap left heel forward, Step left beside right  
7&8           Kick right forward, Step right beside left, Step left beside right

## **Rock Forward, 1/2 Turn r Shuffle Back, Rock Forward, Behind-Side-Cross**

1-2            Step right forward, Recover on left  
3&4           Make a 1/2 turn right while shuffling back (r-l-r) (6.00)  
5-6           Step left forward, Recover on right  
7&8           Step left behind right, Step right to right, Cross left over right

## **Chassé r, Rock Back, Syncopated Wave l**

1&2           Step right to right, Step left beside right, Step right to right  
3-4           Step left back, Recover on right  
5&            Step left to left, Step right behind left  
6&            Step left to left, Cross right over left  
7&            Step left to left, Step right behind left  
8             Step left to left

## **Cross Rock, 1/4 Turn r Chassé, Rock Forward, Coaster Step**

1-2            Cross right over left, Recover on left

3&4            1/4 turn right and step right to right, Step left beside right, Step right forward (9.00)  
5-6            Step left forward, Recover on right  
7&8            Step left back, Step right beside left, Step left forward

**Rocking Chair, Full Turn I, Syncopated Jumps Forward**

1-2            Step right forward, Recover on left  
3-4            Step right back, Recover on left  
5-6            Make a full turn left while walking forward (r-l) (9.00)

**(Easier Option: 5-6 Walk forward on right, left**

&7            Jump forward on right, Step left beside right  
&8            Jump forward on right, Step left beside right

**Repeat & Enjoy! :)**

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