

Can't Stop Dancing

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Anna Bax (INA) & Iin Setiaji (INA) - August 2021
音樂: Can't Stop Dancin' - Becky G.



TAG : 8 counts

BRIDGE : 48 counts

Starting dance after 16 counts on vocal

I. FWD, TURN, SWEEP, CROSS SAMBA, CROSS SHUFFLE, CROSS SAMBA

- 1 - 2 Step forward on L - Make a ½ turn left cross R behind L with sweep on LF from front to back (facing on 06:00)
3 & 4 Cross L behind R - Rock R to right side - Recover on L
5 & 6 Cross R over L - Step L to left side - Cross R over L
7 & 8 Cross L over R - Rock R to right side - Recover on L

II. BACK AND DRAG, FLICK, LOCK FWD, MAMBO, TURN, SAILOR STEP

- 1 - 2 Stepping back on R with drag heels forward on LF (weight on right) - Step L in place with flick R on forward
3 & 4 Step forward on R - Lock L behind R - Step forward on R
5 & 6 Rock forward on L - Recover on R - Rock backward on L
7 & 8 ¼ turn right cross R behind L (facing on 09:00) - Close L beside R - Step R to right side

III. CROSS SHUFFLE, ½ TURN RIGHT CROSS SHUFFLE, SIDE, BEHIND, SIDE, CROSS

- 1 & 2 Cross L over R - Step R to right side - Cross L over R
3 & 4 ½ Turn Right Cross R over L (facing on 03:00) - Step L to left side - Cross R over L
5 - 6 Rock L to left side - Recover on R
7 & 8 Cross L behind R - Step R to side - Cross L over R

IV. DOROTHY STEP, CROSS MAMBO, CROSS SAMBA

- 1 - 2 & Step R forward to R diagonal - Lock L behind R - Step R forward to R diagonal
3 - 4 & Step L forward to L diagonal - Lock R behind L - Step L forward to L diagonal
5 & 6 & Cross R over L - Recover on L - Step R to right side - Step L in place
7 & 8 Cross R over L - Ball of L - Step R in place

BRIDGE (48 counts) after wall 6

I. V STEP

- 1 - 8 Step forward diagonal on R - Step forward diagonal on L - Step R back to centre - Close L beside R (2x)

II. VINE, ROLLING VINE (R)

- 1 - 4 Step R to right side - Cross L behind R - Step R to right side - Point L to left side (weight on right)
5 - 6 ¼ turn left Step forward on L (facing on 09:00) - ½ turn left Stepping back on R (facing on 03:00)
7 - 8 ¼ turn left Step L to left side (facing on 12:00) - Close R together

III. VINE, ROLLING VINE (L)

- 1 - 4 Step L to left side - Cross R behind L - Step L to left side - Point R to right side (weight on left)
5 - 6 ¼ turn right Step forward on R (facing on 03:00) - ½ turn right Stepping back on L (facing on 09:00)

7 - 8 ¼ turn right Step R to right side (facing on 12:00) - Close L together

IV. V STEP

1 - 8 Step forward diagonal on R - Step forward diagonal on L - Step R back to centre - Close L beside R (2x)

V. PIVOT, JAZZBOX

1 - 2 Step forward on R - ½ turn left Recover on L (facing on 06:00)

3 - 4 Step forward on R - ½ turn left Recover on L (facing on 12:00)

5 - 6 Cross/Rock R over L - Rock back on L

7 - 8 Step R to right side - Step forward on L

VI. JAZZBOX, SIDE AND POINT, ROLLING VINE

1 - 2 Cross/Rock R over L - Rock back on L

3 - 4 Step R to right side with bend on RF - Point L to left side (weight on right)

5 - 6 ¼ turn left Step forward on L (facing on 09:00) - ½ turn right Stepping back on R (facing on 03:00)

7 - 8 ¼ turn left Step L to left side (facing on 12:00) - Close R together

Note :

(1) TAG I (8 counts) after wall 3

CROSS, SIDE, BEHIND, SIDE AND BEND, ROLLING VINE

1 - 2 Cross L over R - Step R to right side

3 & 4 Cross L behind R - Step R to right side with bend on RF - Point L to left side

5 - 6 ¼ turn left Step forward on L (facing on 12:00) - ½ turn left Stepping back on R (facing on 06:00)

7 - 8 ½ turn left Step forward on L (facing on 12:00) - Close R together

(2) TAG II (7 count + Change Step 1 count (8) after wall 6

CROSS, SIDE, BEHIND, SIDE AND BEND, ROLLING VINE AND TOUCH

1 - 2 Cross L over R - Step R to right side

3 & 4 Cross L behind R - Step R to right side with bend on RF - Point L to left side

5 - 6 ¼ turn left Step forward on L (facing on 12:00) - ½ turn left Stepping back on R (facing on 06:00)

7 - 8 ½ turn left Step forward on L (facing on 12:00) - Touch R beside L

Enjoy you dance

For more information about Stepsheets and Song, Please Contact :

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