

I Can't Stop

拍數: 32 牆數: 1 級數: High Beginner
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音樂: Stop - Nolan Sotillo



#32-count intro

Section 1: R & L dorothy steps, forward rock, recover, back, back/knee in

1 2 & R dorothy step: R forward (1), L lock behind (2), R forward (&)
3 4 & L dorothy step: L forward (3), R lock behind (4), L forward (&)
5 6 R forward-rock (5), recover back L (6)
7 8 Step back R (7), step back L (8) with a slight hip push to the L with a small knee hitch as preparation for the sideways movement coming next

OPTION: Instead of the dorothy steps, you can step forward R (1), slide L to R (2), forward L (3), slide R to L (4), and do 5-8 as written above.

Section 2: R & L vaudevilles: R side behind ball heel ball cross. Mirror that.

1 2 & 3 R side (1), L behind (2) , R ball (&), L heel (3)
& 4 L ball (&), R cross over L (4)
5 6 & 7 L side (5), R behind (6) , L ball (&), R heel (7)
& 8 R ball (&), L cross over R (8)

EASIER OPTION: R side (1), hold (2), L ball (&), R side (3), L touch next to R (4). Mirror that.

EASIEST OPTION: Grapevine right with touch, grapevine left with touch. (No syncopation.)

Section 3: R side-behind, quarter shuffle, pivot quarter, forward shuffle

1 2 3 & 4 R side (1), L behind (2), R shuffle (3 & 4) quarter to 3:00
5 6 7 & 8 L forward (5), pivot-quarter (6) onto R (6:00), L shuffle forward (7 & 8)

Section 4: RL sway-sway, quarter shuffle, pivot quarter, forward shuffle

1 2 3 & 4 Sway R (1), sway L (2), R shuffle quarter (3 & 4) to 9:00
5 6 7 & 8 L forward (5), pivot-quarter (6) onto R (12:00), L shuffle forward (7 & 8)

RESTART 1: Wall 3, after 8 counts.

RESTART 2: Wall 8, after 8 counts.