

I Just Can't Stop Dancing

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Lidia Landon Michael (USA) - June 2025
音樂: Can't Stop Dancin' - Becky G.



No tags/ No Restarts

INTRO: 16 COUNTS (9 seconds into song)

SECTION 1 BIG STEP SIDE,HOLD, BACK ROCK/RECOVER, SIDE MAMBO, SIDE MAMBO

1-2 Big R step to the R side, Hold
3-4 Rock L back, recover R
5&6 Rock L side, recover R, step L next to R
7&8 Rock R side, recover L , step R next to L

SECTION 2 BIG STEP SIDE, HOLD, STEP, POINT L & R, ROCK & RECOVER, TRIPLE STEP ¼ R

1-2& Big L step to the L side, Hold, Step R, next to L
3&4 Point L to L side, step R next to L, Point R to R side
5-6 (&) R front cross rock, recover on L (optional R sweep front to back)
7&8 Step R ¼ to R, step L next to R, step R next to L

SECTION 3 STEP FWD, ½ PIVOT, SHUFFLE FWD, SHUFFLE FWD ,STEP FWD, ½ PIVOT

1-2 Step L forward, ½ pivot to the R (optional jump onto R & flick back L)
3&4 Step L forward to a slight L diagonal, step R next to L, step L forward to a slight L diagonal
5&6 Step R forward to a slight R diagonal, step L next to R, step R forward to a slight R diagonal
7-8 Step L forward, ½ pivot to the R (optional jump onto R & flick back L)

SECTION 4 KICK, STEP, POINT, JAZZ BOX ¼ R, ROCK /RECOVER TOUCH

1&2 Kick L front, step L next to R, point R to R side
3-4 Start Jazz box: Step R cross in front of L, step L back (optional shoulder shimmies or rolls)
5-6 Finish Jazz box: Step R with ¼ R turn, Step L next to R (optional shoulder shimmies or rolls)
7&8 Rock R front, Recover L, Touch R next to L

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