

I Just Can't Let You Go

拍數: 32 牆數: 2 級數: High Intermediate
編舞者: Wil Bos (NL) & Aurélie Clota - December 2013
音樂: I Can't Stop Loving You - Jessta James : (Album: Time To Get Right)



Intro 16 counts

Explanation of 'a' counts.

The timing of the music feels like a very fast waltz (6/8 timing).

However, the dance is not a waltz. It has been choreographed using 'a'-counts, which are known as "rolling counts": &a1, 2&a3, 4&a5, etc.

The rhythm and the feeling of an 'a'-count can be picked up and experienced well with the step sheet below using the corresponding dance music.

Fwd, Step Pivot ¼ R, Cross, Side, Behind Side Cross, Side, Sway L R, Cross, ¼ L Coaster Step

1-2&a3 RF step forward, LF step forward, L+R ¼ turn right, LF cross over, RF step side and drag LF
4&a5 LF cross behind, RF step side, LF cross over, RF step side and drag LF
6-7 LF step side and sway left, sway right
8&a1 LF cross over, RF ¼ left and step back, LF step together, RF step forward

½ Turn R x2, Fwd, Rock Recover, Run Back x3, Behind, ¼ R Fwd, ¼ R Side, Back, Behind, Side, Fwd x2

2&a3 LF ½ right and step back, RF ½ right and step forward, LF step forward, RF rock forward
4&a5 LF recover, RF step back, LF step back, RF step back and sweep LF back
6& LF cross behind, RF ¼ right and step forward
a7 LF ¼ right and step side, RF step back and sweep LF back
8&a1 LF cross behind, RF step side, LF step forward, RF step forward

Step Pivot ¼ R, Cross, Side, Behind Side Cross, ¼ L Back, Coaster Step, Fwd R L, ¼ L, ¼ L Fwd, Fwd

2&a3 LF step forward, L+R ¼ turn right, LF cross over, RF step side and drag LF
4&a5 LF cross behind, RF step side, LF cross over, ¼ left and RF step back
6&a7 LF step back, RF step together. LF step forward, RF step forward
8&a1 LF step forward, RF ¼ left and step in place, LF ¼ left and step forward, RF step forward

Step Pivot ½ R, Fwd x2, Cross Rock Recover, Side, Cross, Scissor Step, Side, Sway R L

2&a3 LF step forward, L+R ½ turn right, LF step forward, RF step forward
4&a5 LF rock across, RF recover, LF step side, RF cross over
6&a LF step side, RF step together, LF cross over
7-8 RF step side and sway right, sway left

Start again

Restart: Dance the 3rd wall up to and including count 16&a (count 8&a of the 2nd section) and start again

Bridge: After the 4th wall

1-2 sway right, sway left

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