

I CAN'T DANCE

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{ video on website }

Rhythm: Foxtrot

Phase: 4 + 2 (curved feather, lilt)

Footwork: Opposite except where W's noted by (), and as otherwise noted; Timing SQQ except as noted

Music: "I Can't Dance", on album "Rock 'n' Roll Radio"

Artist: Boppin' B (music available online at iTunes Music Store, AmazonMP3)

Sequence: Intro, A, Interlude, A, B, Amod, C, D, Dmod, End Speed: slow to 43 rpm (30 mpm)

INTRO

1-4 [SCP DRW, trlg feet free] WAIT 2 MEAS; THRU HVR TO BJO; WEAVE 4 ENDING DLW;

- 1-2 [SCP DRW trlg feet free] *{wait; wait}* wait 2 meas;;
3 *{thru hvr to BJO}* thru R,-, fwd L with rise, rec bk R to BJO DRW;
QQQQ 4 *{weave 4 ending}* bk L in BJO, bk R blending to CP trng LF, sd & fwd L toward DLW to BJO, fwd R outsd ptr;

PART A

1-4 HVR; PROM WEAVE;; CHG OF DIR;

- 1 *{hvr}* fwd L blending to CP,-, fwd & sd R with rise, rec L to SCP DLC;
2-3 *{prom weave}* thru R,-, fwd L trn LF, bk R to BJO backing LOD;
QQQQ bk L toward LOD in BJO, bk R blending to CP trng LF, sd & fwd L toward DLW to BJO, fwd R outsd ptr;
SS 4 *{chg of dir}* fwd L blend to CP,-, fwd R comm LF trn, draw L to R cont LF trn to CP/DLC;

5-8 OP REV TRN; HVR CORTE; BK TWIST VINE 6;; DROP HANDS & DRAW TCH;

- 5 *{op rev trn}* fwd L,-, sd R lf trn, bk L BJO ptr outsd fc RLOD (bk R,-, lf trn sd & fwd L LOD, fwd R BJO outsd ptr);
6 *{hvr corte}* bk R comm LF trn,-, sd & fwd L checking w/ rise cont body trn, rec R w/ R sd ld to BJO DLW;
QQQQ;QQ 7-8 *{bk twist vine 6}* progressing RLOD XLIB, sd R,XLIF, sd R; XLIB, sd R,
-- *{drop hnds & draw tch}* release & lower hnds to sides draw L to R, tch L;

9-12 SLOW SIDE BREAK; 2X (BLEND TO BFLY); WEAVE 4 ENDING; & STRUT 4;

- &S&S 9-10 *{slow sd brk 2x to BFLY}* no hnds push stp sd L/push stp sd R,-, cl L/cl R,-;
&S&S push stp sd L/push stp sd R,-, cl L/cl R, blending to BFLY;
QQQQ 11 *{weave 4 ending}* bk L in BFLY, bk R trng LF, sd & fwd L toward DLW, fwd R outsd ptr in BFLY;
QQQQ 12 *{strut 4}* fwd L with R sd stretch, fwd R with L sd stretch, fwd L with R sd stretch, fwd R with L sd stretch to end fcg DLW;

13-16 SLOW SIDE BREAK; 2X; 3 STEP; CURVED FTHR CHECKING;

- &S&S 13-14 *{slow sd brk 2x to BFLY}* no hnds push stp sd L/push stp sd R,-, cl L/cl R,-;
&S&S push stp sd L/push stp sd R,-, cl L/cl R,-;
15 *{3 step}* fwd L heel ld blending to CP,-, fwd R heel ld rising to toe, fwd L to CP DLW;
16 *{curv fthr ckg}* fwd R comm RF trn,-, sd & fwd L cont RF trn, strong body trn RF small step fwd R ckg outsd ptr (bk L,-, sd & bk R trn RF, strng body trn RF small step bk L) BJO DRW;

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INTERLUDE

1-4 DBL BK LILT; BK WHISK; THRU HVR TO BJO; WEAVE 4 ENDING DLW;

- QQQQ 1 {dbl bk lilt} soften R knee bk L rising, bk R lowering at end of step, bk L rising, bk R lowering at end of step;
2 {bk whisk} bk L,-, bk & sd R, XLIB of R w/ rise to SCP/DRW;
3-4 repeat INTRO meas 3-4

repeat PART A

1-4 HVR; PROM WEAVE;; CHG OF DIR;

5-8 OP REV TRN; HVR CORTE; BK TWIST VINE 6;; DROP HANDS & DRAW TCH;

9-12 SLOW SIDE BREAK; 2X (BLEND TO BFLY); WEAVE 4 ENDING; & STRUT 4;

13-16 SLOW SIDE BREAK; 2X; 3 STEP; CURVED FTHR CHECKING;

PART B

1-4 DBL BK LILT; OP IMPETUS; WEAVE 3; BK WHISK;

- QQQQ 1 {dbl bk lilt} soften R knee bk L rising, bk R lowering at end of step, bk L rising, bk R lowering at end of step;
2 {op imp} comm RF upper body trn bk L ptr outsd,-, cl R to L RF heel trn, cont RF trn fwd L (fwd R outsd ptr,-, fwd L RF trn around M brush R to L, cont RF trn fwd R) to SCP DLC;
3 {weave 3} thru R,-, fwd L trn LF, bk R to BJO backing LOD;
4 {bk whisk} bk L,-, bk & sd R, XLIB of R w/ rise to SCP RLOD;

5-8 WHIPLASH to BJO; 2 OUTSIDE SWIVELS; CL IMPETUS; FTHR FINISH;

- S-- 5 {whiplash to BJO} thru R, pt L,-,- (thru L, swvl LF on L foot to BJO pt R bk,-,-) ending BJO RLOD;
SS 6 {2 outsd swivels} bk L leaving R foot pointed fwd, ld W to swivel RF to SCP RLOD; fwd R, ld W to swivel LF to BJO;
7 {cl impetus} comm RF upper body trn bk L,-, cl R to L RF heel trn, sd & bk L (fwd R outsd ptr trn RF,-, sd L cont RF trn around M & brush R to L, fwd R bet M's feet) to CP DLW;
8 {fthr fin} bk R,-, trng LF sd & fwd L, fwd R outsd ptr to BJO DLC;

PART Amod

1-4 HVR TELEMAR; PROM WEAVE;; CHG OF DIR;

5-8 OP REV TRN; HVR CORTE; BK TWIST VINE 6;; DROP HANDS & DRAW TCH;

9-12 SLOW SIDE BREAK; 2X (BLEND TO BFLY); WEAVE 4 ENDING; & STRUT 4;

13-16 SLOW SIDE BREAK; 2X; 3 STEP; CURVED FTHR CHECKING;

- 1 {hvr telemark} fwd L blending to CP,-, fwd and slight sd R between W's feet rising & trng RF, cont RF trn sd & fwd L to SCP DLC;
2-16 repeat PART A meas 2-16

PART C

1-4 DBL BK LILT; OP IMPETUS; WEAVE 3; BK WHISK;

- 1-4 repeat PART B meas 1-4

5-8 THRU HVR TO LEFT 1/2 OPEN; OPEN IN & OUT RUN (W ACROSS); THRU VINE 4; & THRU CHASSE TO SCP DLW;

- 1 {thru hvr to L 1/2 OP} thru R,-, fwd L with rise ckg, release trlg hnds trn RF rec sd & fwd R (trn LF rec sd & fwd L) to L 1/2 OP LOD;
2 {op in & out run (W across)} fwd L,-, lead W across LOD fwd R, fwd L trng RF (W fwd R comm RF trn across front of M,-, sd L across LOD cont RF trn, fwd R) to 1/2 OP LOD;
QQQQ 3 {thru vine 4} thru R, sd L to fc ptr, XRIB, sd R;
SQ&Q 4 {thru chasse to SCP DLW} thru R blend to SCP,-, chasse L/R, L in SCP DLW;

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9-12 CHAIR & SLIP DLW; 3 STEP; 1/2 NAT; HES CHG TO BFLY COH

- 9 {*chair & slip DLW*} step thru R lunge toward DLW,-, rec L, w/ slight LF upper body trn slip R behind L (swvl LF on R & step fwd L outsd M's R foot) to end CP DLW;
10 {*3 step*} fwd L heel ld,-, fwd R heel ld rising to toe, fwd L;
11 {*1/2 nat*} fwd R comm RF trn,-, sd L cont RF trn (cl R to L for heel trn), bk R in CP RLOD;
SS 12 {*hes chg to BFLY COH*} bk L trn RF,-, sd R to fc COH, blending to BFLY draw L to R;

PART D

1-4 OUT-OUT, IN-IN; 2X; BK AWAY 2 SLOWS w/ SNAPS; & TOG 4 QKS;

- &S&S 1-2 {*out-out, in-in; 2x*} push stp bk L away from ptr/cl R,-, fwd L to ptr/cl R,-;
&S&S push stp bk L away from ptr/cl R,-, fwd L to ptr/cl R,-;
SS 3 {*bk away 2 slows w/ snaps*} release hnds bk apt L, snap fingers, bk apt R, snap fingers;
QQQQ 4 {*tog 4 qks*} sm fwd L, sm fwd R, sm fwd L, sm fwd R to BFLY COH;

5-8 OUT-OUT, IN-IN; 2X; OPTELEMARK; THRU FC CL TO BFLY WALL

- 1-2 repeat PART D meas 1-2
7 {*op telemark*} blending to CP fwd L trn LF,-, fwd & sd R trn LF (W heel trn), sd & fwd L SCP LOD;
8 {*thru fc cl to BFLY WALL*} thru R,-, sd L to fc ptr blending to BFLY, cl R in BFLY WALL;

PART Dmod

1-4 OUT-OUT, IN-IN; 2X; BK AWAY 2 SLOWS w/ SNAPS; & TOG 4 QKS;

5-8 OUT-OUT, IN-IN; 2X; WHISK; FTHR;

- 1-6 repeat PART D meas 1-6
7 {*whisk*} fwd L blending to CP,-, fwd & sd R comm rise, cont rise XLIB of R (bk R,-, bk & sd L, XRIB of L) to SCP DLW;
8 {*fthr*} thru R (thru L trn LF to ptr),- , fwd L, fwd R outsd ptr to BJO DLW;

END

1-4 HVR TO SCP; SLOW SD LOCK DLC; TELEMARK to a; PROM SWAY & OVERSWAY;

- 1 {*hvr to SCP*} fwd L blending to CP,-, fwd & sd R with rise, rec L to SCP DLC;
2 {*slow sd lk DLC*} thru R,-, sd & fwd L to CP, cl R to L trng LF (thru L trng LF across M to CP,-, sd & bk R, cont slight LF trn XLIF of R) to CP DLC;
3-4 {*telemark to*} fwd L trn LF,-, fwd & sd R trn LF (W heel trn), sd & fwd L SCP DLW;
---- {*prom sway & oversway*} relax L knee w/ R sd stretch to look over joined ld hnds, chg to L sd stretch & slight LF trn,-,-;