

Can't Forget Can't Love (愛不得忘不捨)

Count: 96

Wall: 1

Level: Phrased High Improver

Choreographer: Sally Hung (TW) & Jennifer Jou (TW) - November 2021

Music: Ai Bu De Wang Bu She (愛不得忘不捨) (DJ版) - Bai Xiao Bai (白小白)

Sequence of dance: AB Tag/ BAA/ BBB B7 B8 AA

Intro: 8 counts, start to dance on the first heavy beat

Tag (4 counts) V step

1,2,3,4 Step R diagonally fwd to R, Step L diagonally fwd to L, Step R back to center, Step L back to center

SECTION A (32 COUNTS)

A1. DIAGONAL ROCK STEP (WITH HIP PUSHED), BEHIND SIDE CROSS

1,2 Rock R and Push Hips Diagonal Fwd, Recover on L Push Hips Back
3&4 Cross R behind L, step L to side, Cross R over L
5,6 Rock L and Push Hips Diagonal Fwd, Recover on R Push Hips Back
7&8 Cross L behind R, Step to R side, Cross L over R

A2. WALK FWD RLR, POINT, BACK SHUFFLE, BACK ROCK, RECOVER

1,2,3,4 Walk fwd on RLR, Touch L toes to L side
5&6 Back Shuffle on LRL
7,8 Step back on R, Recover on L

A3. FWD SHUFFLE, FWD ROCK, RECOVER, BACK SHUFFLE, BACK ROCK, RECOVER

1&2,3,4 Fwd shuffle on RLR, Rock fwd on L, Recover on R
5&6,7,8 Back shuffle on LRL, Rock back on R, recover on L

A4. SIDE, BEHIND TOUCH, SIDE, BEHIND TOUCH, SWAY

1,2,3,4 Step R to R side, Dig L toes behind R, Step L to L side, Dig R toes behind L
5,6,7,8 Step R to R side swaying RLRL

SECTION B (64 COUNTS)

B1. 1/8 L WEAVE L WITH POINT, WEAVE R WITH POINT

1,2,3,4 Turn 1/8 L Cross step R over L (10:30), Step L to L side, cross step R behind L, Touch L toes to L side
5.6.7.8 Cross step L over L, step R to R side, Cross step L behind R, Touch R toes to R side

B2. STEP, PIVOT 1/2 TURN L, FWD TOE STRUT, STEP, PIVOT 1/2 TURN R, FWD TOE STRUT

1,2,3,4 Step R fwd (10:30), Pivot 1/2 turn L, Touch R toe fwd, Drop R
5,6,7,8 Step L fwd, Pivot 1/2 turn R, Touch L toe fwd, Drop L

B3. JAZZ BOX WITH 1/8 TURN R, JAZZ BOX WITH 1/8 TURN R

1,2,3,4 Cross step R over L, 1/8 turn R stepping back on L (12:00), Step R to R side, Step L fwd
5,6,7,8 Cross step R over L, 1/8 turn R stepping back on L (1:30), Step R to R side, Step L fwd

B4. FWD, KICK, 1/8 L BACK, TOUCH TOGETHER, SIDE ROCK RECOVER, BACK ROCK RECOVER

1,2,3,4 Step R fwd (1:30), Kick L fwd, 1/8 L stepping back on L (12:00), Touch R together
5,6,7,8 Rock R to R side, Recover on L, Rock back on R, Recover on L

B5. VINE R WITH TOUCH, ROLLING VINE FULL TURN L WITH TOUCH

1,2,3,4 Step R to R side, Cross step L behind R, Step R to R side, Touch L beside R
5,6,7,8 Turn 1/4 L stepping L fwd, Turn 1/2 L stepping R back, Turn 1/4 L step L to L side, Touch R toes beside L

B6. V STEP X2

1,2,3,4 Step R diagonally fwd to R, Step L diagonally fwd to L, Step R back to center, Step L back to center

5,6,7,8 Repeat 1-4

B7. CHASSE R, BACK ROCK RECOVER, CHASSE L, BACK ROCK RECOVER

1&2,3,4 Step R to R side, Step L together, Step R to R side, Rock back on L, Recover on R

5&6,7,8 Step L to L side, Step R together, Step L to L side, Rock back on R, Recover on L

B8. K STEP

1,2,3,4 Step R diagonal fwd to R, Touch L beside R, Step L diagonally back to L, Touch R beside L

5,6,7,8 Step R diagonally back to R, Touch L beside R, Step L diagonally fwd to L, Touch R beside L

Happy Dancing!

Contacts:-

Sally Hung: hung1125@gmail.com

Jennifer Jou: modernld0819@gmail.com