

Western Can Can

Count: 88

Wand: 4

Ebene:

Choreograf/in: Lois Sturgeon (AUS)

Musik: Wild and Free - Rednex



- 1-4 Step in place left-right-left, kick right across body
Variation: turn a full turn to left stepping left-right-left
- 7-8 Step in place right-left-right, kick left across body
Variation: turn a full turn to right stepping right-left-right
- 1-4 Step left, kick right diagonally across body, step right, kick left diagonally across body
5-8 Step left across in front of right, step right back (bend forward), step left to side & hold 1 beat
- 1-4 Step right across in front of left, step left to left side, step right behind left, kick left diagonally across body
5-8 Step left across in front of right, step right to right side, step left behind right, kick right diagonally across body
- 1-4 Step forward right-left-right, tap left heel forward at 45 degrees
5-8 Jump back left as tap right heel forward (1 beat), jump back right as left heel taps forward at 45 degrees, jump back left as right heel taps forward at 45 degrees, hold 1 beat
- 1-2 Hitch right knee up diagonally across body, lower right foot straight down (almost to floor)
3-4 Hitch right knee out to right side (right heel is in front of left knee) lower right foot next to left (almost to floor)
5-8 Step back right, step back left, step forward right & hold 1 beat
- 1-2 Hitch left knee up diagonally across body, lower left foot straight down (almost to floor)
3-4 Hitch left knee out to left side (left heel is in front of right knee) lower left foot next to right (almost to floor)
5-8 Step back left, step back right, step forward left & hold 1 beat
- 1-4 Tap right heel across in front of left, lift right knee, tap right toe out to right side, lift right knee
5-8 Turning full turn to left, step right across in front of left, step left, step right & hold 1 beat
Variation: step right-left-right in place without the turn
- 1-4 Tap left heel across in front of right, lift left knee, tap left toe out to left side, lift left knee
5-8 Turning full turn to right, step left across in front of left, step right, step left & hold 1 beat
Variation: step left-right-left in place without the turn
- 1& Raise right knee up across body as scoot left to right side, tap right toe next to left
2&3& Repeat 1& twice
4& Raise right knee up across body as scoot left to right side, step right
5& Raise left knee up across body as scoot right to left side, tap left toe next to right
6&7& Repeat 5& twice
8& Raise left knee up across body as scoot right to left side, step left
- 1-4 Circle right foot to the right twice (knee in hitch position at right angle to body), step back right, forward left
5-8 Repeat last 4 beats

- 1-4 Hitch right knee across body, tap right toe beside left, kick right diagonally across body, tap right toe beside left
- 5-8 Swivel on ball of left foot turning $\frac{1}{4}$ right as hitch right knee across body, tap right toe beside left, kick right across body, step right beside left

REPEAT
