You Can Dance



Count: 64 Wand: 4 Ebene: Phrased Intermediate /

Advanced

Choreograf/in: Mark Bagnall (UK)

Musik: Dancing Queen - ABBA



Sequence: AA Tag BB Tag Tag A Tag B to fadeout. I.E. Part A for verses and part B for chorus. Start on the first verse ("Friday night...")

PART A

A1: ROCK AND CROSS TWICE, SHUFFLE 1/4 LEFT, SHUFFLE 1/2 LEFT

Step right foot to right, replace weight on left foot, step right foot over left foot 3&4 Step left foot to left, replace weight on right foot, step left foot over right foot

5&6 Shuffle ¼ turn left (right-left-right)
7&8 Shuffle ½ turn left (left-right-left)

A2: 1/2 PIVOT TURN LEFT, KICK BALL-CHANGE, DIAGONAL SHUFFLES TWICE

1-2 Step right foot forward, turn ½ left stepping left foot forward 3&4 Kick right foot forward, replace right foot, replace left foot

5&6 Shuffle forward diagonally right (right-left-right)
7&8 Shuffle forward diagonally left (left-right-left)

A3: HINGE TURN ½ RIGHT, STOMP TWICE, WAIT TWICE WITH CLAPS, HEEL CHANGES, HEEL TAPS TO SIDE

1-2 Step right foot to right, turn ½ right stepping left foot to left

3& Stomp right foot, stomp left foot

4& Clap twice

Right foot heel forward, replace right foot, left foot heel forward, replace left foot 7-8

Right foot heel forward, replace right foot, left foot heel forward, replace left foot 7-8

Point right foot toe slightly diagonally right with two right foot heel bounces

A4: HIP BUMP X3, ¾ TURN LEFT, (BUMPS AND TURNS SHOULD FIT WITH THE MUSIC)

1 Bump hips (right)
2& Bump hips (left, right)

3-4 Wait

5 Turn ¼ to left (left) 6& Turn ½ to left (right, left)

7-8 Wait

PART B

Sections 3 and 4 are mirror images of sections 1 and 2: i.e., Left becomes right etc B1: ROCK, REPLACE, SHUFFLE ACROSS, SPIN ¾ RIGHT, SHUFFLE FORWARD

1-2 Step right foot to right side, replace weight on left foot 3&4 Shuffle right foot across left foot (right-left-right)

5-6 Turn ¼ right (left), turn ½ right (right)

7&8 Shuffle forward (left-right-left)

B2: WALK FORWARD TWICE, TOE TAP, SYNCOPATED PADDLE TURN ¾ LEFT, SHUFFLE FORWARD

1-2 Walk forward twice (right, left)3 Tap right foot toe in place

&4&5&6 (Tap right foot toe diagonally right, put weight on right foot toe as left foot turns 1/4 left) x3

7&8 Shuffle forward (right-left-right)

B3: ROCK, REPLACE, SHUFFLE ACROSS, SPIN ¾ LEFT, SHUFFLE FORWARD

1-2 Step left foot to left side, replace weight on right foot 3&4 Shuffle left foot across right foot (left-right-left)

5-6 Turn ¼ left (right), turn ½ left (left)

7&8 Shuffle forward (right, left)

B4: WALK FORWARD TWICE, TOE TAP, SYNCOPATED PADDLE TURN ¾ RIGHT, SHUFFLE FORWARD

1-2 Walk forward twice (left, right)3 Tap left foot toe in place

&4&5&6 (Tap left foot toe diagonally left, put weight on left foot toe as right foot turns ¼ right) x3

7&8 Shuffle forward (left-right-left)

TAG

ROCK, REPLACE, WEAVE LEFT, ROCK, REPLACE, ¾ TURN LEFT

1-2 Step right foot to right side, replace weight on left foot

3&4 Step behind left foot with right foot, left foot to left side, step right foot in front of left foot

5-6 Step left foot to left side, replace weight on right foot

7&8 Shuffle ¾ turn to left (left-right-left)