# Because You Can

Ebene: Intermediate

Choreograf/in: Oli Geir (ICE) & Hugrun (ICE) - April 2013

**Musik:** Because You Can - Hera Björk : (Album: Because You Can)

## 68 Counts Intro, Start on Vocals

**Count:** 64

Note: Watch the rhythms carefully on 4th wall on part B. Keep dancing on same speed until the beat hits in.

## Part A (Dance part A once)

#### Left Mambo Forward. Right Coaster Step.

- 1-4 Rock forward on Left. Rock back on Right. Step back on Left. Hold
- 5-8 Step back on Right. Step Left beside Right. Step forward on Right. Hold

## Left Shuffle Forward. Step Pivot Step, Full Turn Left.

- Step forward on Left. Step Right beside Left. Step forward on Left. Hold. 1-4
- 5-8 Step forward on Right. Pivot 1/2 turn Left. Turn 1/2 turn Left stepping back on Right. Hold.

## Left Coaster Cross. Right Scissor Step.

- Step back on Left. Step Right beside Left. Step Left across Right. Hold. 1-4
- 5-8 Step Right to Right side. Step Left beside Right. Step Right across Left. Hold.

#### Left Scissor Step. Step Side, Behind, Forward ¼ Turn Right.

- Step Left to Left side. Step Right beside Left. Step Left across Right. Hold. 1-4
- 5-8 Step Right to Right side. Step Left behind Right. Turn ¼ turn Right stepping forward on Right. Hold.

## Step Pivot Step <sup>3</sup>/<sub>4</sub> Turn Right. Step Behind, Side, Across, Sweep.

- Step forward on Left. Pivot <sup>3</sup>/<sub>4</sub> turn Right. Step Left to Left side. Hold. 1-4
- 5-6 Step Right behind Left. Step Left to Left side.
- Step Right across Left. Sweep Left from behind out and around. 7-8

#### Step Across, Side, Behind. Sweep. Step Behind, Side, Across. Sweep.

- 1-2 Step Left across Right. Step Right to Right side.
- 3-4 Step Left behind Right. Sweep Right from front out and around.
- 5-6 Step Right behind Left. Step Left to Left side.
- 7-8 Step Right behind Left. Sweep Left from behind out and around.

## Left Mambo Forward. Right Shuffle Back, Kick Across.

- 1-4 Rock forward on Left. Rock back on Right. Step back on Left. Hold
- 5-6 Step back on Right. Step Left beside Right.
- 7-8 Step back on Right. Kick Left across Right.

## Step Side, Across, Side, Kick Side. Step Side, Across, Side, Kick Across.

- Step Left to Left side. Step Right across Left. 1-2
- 3-4 Step Left to Left side. Kick Right to Right side.
- Step Right to Right side. Step Left across Right. 5-6
- 7-8 Step Right to Right side. Kick Left across Right. (Facing 12 o'clock)

## Part B (Danced to the end of song)

Chasse Left. Back Rock. Step Side, Hold. Step Together, Step Side. Back Rock.

- 1&2 Step Left to Left side. Step Right beside Left. Step Left to Left side.
- 3-4 Rock back on Right. Rock forward on Left.





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- 5-6 Step Right to Right side. Hold.
- &7-8 Step Left beside Right side. Step Right to Right side. Rock back on Left.

## Step Side. Right Sailor Step. Left Sailor Step. Step Pivot 1/2 Turn Left.

- 1-2 Rock forward on Right. Step Left to Left side.
- 3&4 Step Right behind Left. Step Left to Left side. Step Right in place.
- 5&6 Step Left behind Right. Step Right to Right side. Step forward on Left.
- 7-8 Step forward on Right. Pivot ½ turn Left. (Facing 6 o'clock)

## Chasse Right. Back Rock. Step Side, Hold. Step Together, Step Side. Back Rock.

- 1&2 Step Right to Right side. Step Left beside Right. Step Right to Right side.
- 3-4 Rock back on Left. Rock forward on Right.
- 5-6 Step Left to Left side. Hold.
- &7-8 Step Right beside Left. Step Left to Left side. Rock back on Right.

## Step Side. Left Sailor Step. Right Sailor Step. Step Pivot ½ Turn Right.

- 1-2 Rock forward on Left. Step Right to Right side.
- 3&4 Step Left behind Right. Step Right to Right side. Step Left in place.
- 5&6 Step Right behind Left. Step Left to Left side. Step forward on Right.
- 7-8 Step forward on Left. Pivot <sup>1</sup>/<sub>2</sub> turn Right. (Facing 12 o'clock)

## Forward Rock. Chasse ½ Turn Left. Turn ¼ Turn Left Into Right Chasse. Reverse Pivot ½ Turn Left.

- 1-2 Rock forward on Left. Rock back on Right.
- 3&4 Step Left into Chasse ½ turn Left, stepping Left, Right, Left.
- 5&6 Turn ¼ turn Left, stepping Right into chasse Right, Left, Right.
- 7-8 Touch Left toe back. Reverse pivot ½ turn Left weight end on Left. (Facing 9 o'clock)

## Forward Rock. Chasse ½ Turn Right. Forward Rock. Chasse ½ Turn Left.

- 1-2 Rock forward on Right. Rock back on Left.
- 3&4 Step Right into chasse <sup>1</sup>/<sub>2</sub> turn Right, stepping Right, Left Right.
- 5-6 Rock forward on Left. Rock back on Right.
- 7&8 Step Left into chasse <sup>1</sup>/<sub>2</sub> turn Left, stepping Left, Right, Left. (Facing 9 o'clock)

# Step Pivot $\frac{1}{2}$ Turn Left. Kick Across, Kick Side. Step Behind, Side, Cross. Side Rock.

- 1-2 Step forward on Right. Pivot ½ turn Left. (Facing 3 o'clock)
- 3-4 Kick Right across Left. Kick Right to Right side.
- 5&6 Step Right behind Left. Step Left to Left side. Step Right across Left.
- 7-8 Rock Left out to Left side. Recover onto Right.

# Step Behind, Side, Cross. Side Rock. Step Behind, Side, Forward. Step Pivot ½ Turn Right.

- 1&2 Step Left behind Right. Step Right to Right side. Step Left across Right.
- 3-4 Rock Right out to Right side. Recover onto Left.
- 5&6 Step Right behind Left. Step Left to Left side. Step forward on Right.
- 7-8 Step forward on Left. Pivot ½ turn Right. (Facing 9 o'clock)

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