

Country Can-Can

Count: 32

Wall: 2

Level: Beginner

Choreographer: Bonnie Rand (UK) & Ruthanne Diphillipo (USA)

Music: Wild and Free - Rednex



STEP HOOK BACK, STEP HOOK FRONT -REPEAT.

- 1 Right step to right
- 2 Hook left foot behind right and slap with right hand
- 3 Left step to left
- 4 Hook right foot in front left and slap with left hand
- 5-8 Repeat 1-4

HEEL TOGETHERS, HEEL SWITCHES & CLAP

- 9 Right heel forward
- 10 Step right foot together with left
- 11 Left heel forward
- 12 Step left foot together with right
- 13 Right heel forward
- & Step right next to left
- 14 Left heel forward
- & Step left next to right
- 15 Right heel forward
- 16 Clap

HIP PUSHES

- 17 Step forward with right and push hip forward once
- 18 Push right hip forward again
- 19 Lean back on left and push into left hip once
- 20 Push into left hip again
- 21 Push right hip forward once
- 22 Push left hip back once
- 23 Push right hip forward
- 24 Push left hip back

KICK STEPS, KICK CROSS UNWIND CLAP OR FLIP

- 25 Right kick forward
- 26 Step down on right
- 27 Left kick forward
- 28 Step down on left
- 29 Kick right foot forward
- 30 Cross right over left
- 31 Unwind $\frac{1}{2}$ turn to left
- 32 Clap (Option: instead of clapping, lean forward and flip skirt)

REPEAT
