

Because You Can

Compte: 64

Mur: 4

Niveau: Intermediate

Chorégraphe: Oli Geir (ICE) & Hugrun (ICE) - April 2013

Musique: Because You Can - Hera Björk : (Album: Because You Can)



68 Counts Intro, Start on Vocals

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.

- 1-4 Step forward on Left. Step Right beside Left. Step forward on Left. Hold.
5-8 Step forward on Right. Pivot ½ turn Left. Turn ½ turn Left stepping back on Right. Hold.

Left Coaster Cross. Right Scissor Step.

- 1-4 Step back on Left. Step Right beside Left. Step Left across Right. Hold.
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.

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

Step Pivot Step ¾ Turn Right. Step Behind, Side, Across, Sweep.

- 1-4 Step forward on Left. Pivot ¾ turn Right. Step Left to Left side. Hold.
5-6 Step Right behind Left. Step Left to Left side.
7-8 Step Right across Left. Sweep Left from behind out and around.

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.

- 1-2 Step Left to Left side. Step Right across Left.
3-4 Step Left to Left side. Kick Right to Right side.
5-6 Step Right to Right side. Step Left across Right.
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.

- 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 ½ 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 ½ 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 ½ turn Right, stepping Right, Left Right.
5-6 Rock forward on Left. Rock back on Right.
7&8 Step Left into chasse ½ turn Left, stepping Left, Right, Left. (Facing 9 o'clock)

Step Pivot ½ 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)

Contact: oligeir@hive.is
