

Like I Can

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Alison Carrington (UK) - November 2014
音乐: Like I Can - Sam Smith : (Album: In The Lonely Hour)



32 count intro.

Section 1: Walk R&L, rocking chair, walk R&L, heel & heel

1,2,3&4& Walk forward R,L, rocking chair forward & back & weight on left
5,6,7&8& Walk forward R,L, dig right heel, & dig left heel & weight on left

Section 2: Cross & heel & cross & heel, front,side, behind, side mambo step

1&2& Cross R over L, step on L, dig R heel, step on R
3&4& Cross L over R, step on R, dig L heel, step on L
5&6 Step R over L, step L to L, step R behind L
7&8 Side rock L to L, recover onto R, bring L beside R

Section 3: Monterey x ¼ right twice, sailor ¼ L, front, side, behind

1&2& Touch R to R, turn ¼ R stepping on R, touch L to L, bring L to R
3&4 Touch R to R, turn ¼ R stepping on R, touch L to L & hold
5&6 Cross L over R, turn ¼ L stepping back on R, step back on L
7&8 Cross R over L, step L to L, step R behind L

Section 4: Side chasse L, sailor ¼ right, L shuffle forward, R kick, ball, change

1&2 Step L to L, bring R beside L, step L to L
3&4 Step R behind L as turn ¼ R, step on L, step on R
5&6 Step forward L, bring R to L, step forward L
7&8 Kick R forward, step on R, step on L

Repeat

Tag 1: only on walls 2,4 & 6

Tag 1 & Tag 2 on wall 5

Tag 1: Side, rock back, side, rock back, out, in ,out, behind, side, cross

1,2& Step R to R, rock L behind R, step on R
3,4& Step L to L, rock R behind L, step on L
5&6 Tap R toe out, in, out to right, weight on R
7&8 Step L behind R, step R to R, cross L over R

Tag 2: Hip sway R,L,R,L

1,2,3,4 Sway hips R,L,R,L

To end the dance repeat Tag 1 again on wall 6, you should end facing 12.00.

KEEP DANCING AND ENJOY!!!

Contact: acarrington@talktalk.net