

# I Can Be

拍数: 32                      墙数: 2                      级数: Easy Intermediate  
编舞者: Amy Christian (USA) - February 2017  
音乐: I Can Be - Star Cast : (iTunes)



Intro: 16 counts. Sequence : 32, \*16, 32, Tag, 32, 32, 32, 32, \*\*28&, 32, 16, Pose!

## STOMP, TOUCH, L COASTER, ROCKING CHAIR, STEP, PIVOT ½, KICKBALL STOMP,

1-2                      Stomp R fwd, Touch L next to R,  
3&4                      L Coaster Step,  
5&6&                      Rocking Chair (R,L,R,L),  
7&                      Step fwd on R, Pivot ½ turn left – fwd on L, [6:00]  
8&1                      R Kickball Stomp, (weight on L),

## TOUCH, R COASTER, 1/8 STEP-LOCK-STEP, ¼ BOX SLIDE STEPS,

2                      Touch R next to L,  
3&4                      R Coaster Step,  
5&6                      1/8 turn left – Step, Lock, Step, [5:30]  
7-8                      Box slides - 1/8 turn left – Step R out to right side, 1/8 turn left – Step L out to L side, [12:00]  
(\* Restart here on Wall 2)

## SIDE - TOUCH X 2, BUMP & BUMP, JAZZ BOX CROSS, SWITCHES, BALL – BIG STEP FWD, TOUCH,

1&2&                      Step R to sight side, Touch L next to R, Step L to left side, Touch R next to L,  
3&4                      Double Bump (R,L,R),  
5&6&                      Jazz Box Cross (Cross L over R, Step back on R, Step L to side, Cross R over L),  
7&8                      Switches – Touch L out to left side, Replace L next to R, Touch R out to right side,  
&1-2                      On ball of R next to L, Take a big step fwd on L, Touch R behind L heel,

## ½ TURN SAILOR CROSS, FULL TRIPLE TURN, STEP FWD, KICKBALL,

3&4                      ½ Turn R Sailor Cross, turning right, [6:00], (R,L,R,)  
(\* There is a Restart here on Wall 8 - Add a quick Ball step on L (&), then Restart the dance)  
5&6                      Full tripe on the spot, turning left, , L,R,L, [6:00],  
7                      Step R fwd,  
8&                      L Kickball (Stomp fwd, will be count 1, with the beginning of the dance),

RESTARTS - There are 2 restarts in this dance.

\*First Restart happens on Wall 2. Dance 16 counts and restart.

\*\*Second Restart happens on Wall 8. Dance up to 28 counts, right till that ½ Sailor Cross, then add an & count - Step fwd on ball of L and Restart the dance. (Take note – your clue in the lyrics, when you start Wall 8, singer will repeat,... "I GOT YA! I GOT YA! I GOT YA!!)

TAG – Happens after Wall .... 16 counts.

## 1/8 WALK, WALK, FWD MAMBO, L COASTER, SIDE, RECOVER, 1/4 CROSS,

1-2                      1/8 turn right [1:00] – Walk fwd R, Walk fwd L, [1:30]  
3&4                      Fwd Mambo (R,L,R)[1:30]  
5&6                      L Coaster Step [1:30]  
7&8                      Rock R out to right side, Recover on L, 1/4 turn left - Cross R over L facing 11:30,

## 1/8 WALK, WALK, FWD MAMBO, R COASTER, SIDE, RECOVER, 1/8 CROSS,

1-2                      Walk fwd L, Walk fwd R, [11:30]  
3&4                      Fwd Mambo (L,R,L) [11:30]  
5&6                      R Coaster Step, [11:30]  
7&8                      Rock L out to left side, 1/8 Turn right - Recover on R [12:00] - Cross L over R,

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