

If I Can Do It, You Can Do It

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Nina Skyrud (NOR) - August 2017
音乐: Dance To the Rock 'N' Roll - The Kelly Family



Start the dance just after the child's voice says "rock'n roll" the last time in the intro.

Fun dance! Linedance-promo-dance. Feel free to add your own attitude.

[1-8] Basic Night Club right, Basic Night Club left

- 1-2 Long step to the right with the right foot (1-2).
- 3-4 Cross left foot slightly behind right foot (3), Cross right foot over left foot (4).
- 5-6 Long step to the left with the left foot (5-6).
- 7-8 Cross right foot slightly behind left foot (7), Cross left foot over right foot (8).

[9-16] Step with knee pops, ½ Turn with knee pops, Right knee out-in-out, Hitch

- 1-2 Step right foot to the right side and, at the same time, pop both knees out (1). Pop knees in (2).
- 3-4 Make a 1/2 turn to the right (3) stepping left foot to the left and pop knees out (3), Pop knees in (4). 06:00
- 5-6-7-8 With weight on the left foot, Pop right knee out (5), in (6), out (7), Hitch right foot (8).

[17-24] Step, Swivel heel, toe, heel, Step, Hip bumps with shake.

- 1-2-3-4 Step right foot out to the right (1). With weight on right foot swivel left heel (2) left toe (3), left heel (4) towards right foot
- 5-6-7-8 Step left foot to the left side (5). Bump left hip three times and Shake (6), Shake (7), Shake (8).

[25-32] Step together, Step together, ¼ Turn, Step together, Step together

- 1-2 Step right foot to the right side (1), Step left foot beside right (2).
- 3-4 Step left foot to the left side (3), Step right foot beside left (4).
- 5-6 Turn ¼ to the left stepping right foot to the right (5), Step left foot beside right (6). 03:00.
- 7-8 Step left foot to the left side (7), Step right foot beside left (8).

Tag (16 counts) between the 8th and the 9th wall, facing the front wall

- 1-8 Put your arms out beside the hips, Shake your fingers and at the same time raise your arms up to above the shoulders for 8 counts when he sings "Aaah, Aaah, Aaah"
- 1-2-3-4 Keep your arms out, shake your fingers and lower your arms for 4 counts on the last "Aaah!"
- 5-6-7-8 Shake your shoulders (and body if you like) for 4 counts when he sings Shake It! Shake It! Shake It!

HAVE FUN!

Contact: ninasky@online.no

Last Update - 17th Aug 2017