

I Can

拍数: 32 墙数: 4 级数: Beginner
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音乐: More - Matt Lang



Intro : 16c (aux paroles) Country style Traditional

(1-8) Side, Touch with Snap, Side, Touch with Snap, Diagonaly Step, Together, Diagonaly Step, Touch

1-2 R to R, touch L point next to R

(Movement of the arms from L to R, and snap your fingers to « Touch »)

3-4 L to L, touch R point next to L

(Movement of the arms from R to L, and snap your fingers to « Touch »)

****2nd Restart after 4 counts (9th wall)**

5-6 R diagonally forward R, L next to R

7-8 R diagonally forward R, touch L point next to R

(Option « Step, Lock, Step » on counts 5-6-7 :

R diagonally forward R, cross L behind R, R diagonally forward R)

(9-16) Side, Touch, Side, Touch, Side, Together, ¼ turn & Step, Scuff

1-2 L to L, touch R point next to L

(Movement of the arms from R to L, and snap your fingers to « Touch »)

3-4 R to R, touch L point next to R

(Movement of the arms from L to R, and snap your fingers to « Touch »)

5-6 L to L, R next to L

7-8 ¼ turn to L and L forward, scuff R heel next to L 9H

(Option « Rolling vine ¼ turn » on counts 5-6-7 :

¼ turn to L and L forward, ½ turn to L and R back, ½ turn to L and L forward)

(17-24) Step, Scoot with Hitch, Step, Scoot with Hitch, Bump x4

1-2 R forward, lift L knee and slip on R forward

3-4 L forward, lift R knee and slip on L forward

***1st Restart after 4 counts (4th wall)**

5-6-7-8 R next to L and bend knee L-R-L-R (Hip swing)

(25-32) Rumba box

1-2 R to R, L next to R

3-4 R back, touch L point next to R

5-6 L to L, R next to L

7-8 L forward, touch R point next to L

The pleasure of sharing, dancing and making friends

Big kisses to all my friends Traditional, Catalan et my Montana family