

# 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**