

I Can Do Better

拍数: 64 墙数: 2 级数: Easy Intermediate
编舞者: Lesley Kidd (UK) & I.C.E. (ES) - June 2020
音乐: Mistakes - Jonas Blue & Paloma Faith : (Clean Version)



Introduction: 32 Counts, start on beat.

Section 1: Side, together, forward, step ¼ cross, side rock, kick ball-cross

1-2-3 Step R to R side, step L beside R, step forward R
4&5 Step forward L, turn ¼ R, step L over R
6-7 Rock R to R side, recover onto L
8&1 Kick R to R diagonal, step on ball of R foot beside L, cross L over R (3.00)

Section 2: Side rock, sailor ¼ turn, step, pivot ½, kick ball-step

2-3 Rock R to R side, recover onto L
4&5 Step R behind L, step L to L side turning ¼ R, step R to R side
6-7 Step forward L, pivot ½ turn R
8&1 Kick L forward, step on ball of L foot beside R, step forward R (12.00)

Section 3: Rock forward, back lock step, rock back, kick and point

2-3 Rock forward L, recover onto R
4&5 Step back L, lock R in front of L, step back L
6-7 Rock back R, recover onto L
8&1 Kick R foot forward, step R beside L, point L to L side

Section 4: Hold and switch, hitch, rolling turn, cross rock, step back

2&3 Hold for 1 count, step L beside R, Point R to R side
4-5 Hitch R knee, step R forward turning ¼ turn R
6-7 Turn ½ turn R stepping back on L, turn ¼ R stepping R to R side
8&1 Cross rock L, recover onto R, step back L to L diagonal line

Section 5: Hitch, step back, touch, ball-cross, walk around, cross rock, step back

2-3 Hitch R, step back R
4&5 Touch L toe across R, step forward on ball of L, cross R over L
6-7 Step L ¼ turn L to 9.00, step R 1/8 turn L to 7.30
8&1 Cross rock L, recover onto R, step back to L diagonal line

Section 6: Hitch, step back, touch, ball-step, 3x heel bounces turning ¼

2-3 Hitch R, step back R
4&5 Touch L toe across R, step slightly forward L, step slightly forward R
6-7-8 Bounce both heels 3 times turning ¼ L to 3.00, finishing with weight on R
(Restart here on wall 3 after turning ½ turn to 12:00)

Section 7: Ball-cross, side rock, behind ¼ step, Jazz box, ¼ shuffle

&1 Step on ball of L foot in place, cross R over L
2-3 Rock L to L side, recover onto R
4&5 Cross L behind R, turn ¼ R stepping forward on R, step forward L (6.00)
6-7 Cross R over L, step back L
8&1 Step R to R side, step L beside R, turn ¼ R stepping forward on R (9.00)

Section 8: Step, pivot ½, shuffle forward, step, pivot ½, shuffle 1/4

2-3 Step forward L, pivot ½ turn R (3.00)

4&5 Step forward L, step R beside L, step forward L
6-7 Step forward R, pivot $\frac{1}{2}$ turn L
8& Turn $\frac{1}{4}$ L stepping R to R side, step L beside R (6.00)

Restart: Wall 3, section 6 after count 8

At the end of section 6 the dance restarts after the heel bounces, with a slight change. Instead of turning the bounces $\frac{1}{4}$ turn, turn them $\frac{1}{2}$ turn to 12.00 and restart.

Last Update - 24 July 2020
