

Can We Just ?

拍数: 48 墙数: 2 级数: Phrased Intermediate
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音乐: Love Not War (The Tampa Beat) - Jason Derulo & Nuka



Info: A.B.B.A.A.B.B.A.A.B.B16.TAG.A.A 16 count intro

Tag happens after 16 counts into the second B on the sixth wall.

Part A: 16 counts

[1-8] Walk Back R,L,R, Together, right shuffle, left shuffle

1-2-3-4 Walk back R,L,R (1,2,3), Step L next R (4)

Arms: As you step back on R, place your right hand straight out in front of you, palm facing down (1). As you step back L, place your left hand straight out in front of you, palm facing down (2) bring your right hand up in front of your face, palm facing you (3) bring your left hand up in front of your face (4)

5&6 Step R forward (5), Step L behind R (&), Step R forward (6)

Arms: Keeping both hands in front of your face, as you shuffle on the right, pop your head out to the right side from behind your hands (5&6)

7&8 Step L forward (7), Step R behind L (&), Step L forward (8)

Arms: Keeping both hands in front of your face, as you shuffle on the left, pop your head out to the left side from behind your hands (7&8)

[9 -16] Cross in front, Side, Behind, Step Side, Same with L

1-2-3-4 Touch R toe across L (1), Touch R toe to R side (2), Touch R toe behind L (3), Step R to R side (4),

Arms : hold your left arm out in front of you, whilst keeping it in place for the next 4 counts, punch right arm atop of left(1), punch right arm forward (2), punch right arm below left arm (3) punch right arm Forward (4)

5-6-7-8 Touch L toe across R (5), Touch L toe to L side (6), Touch L toe behind R (7), Step L to L side (8)

Arms : hold your right arm out in front of you, whilst keeping it in place for the next 4 counts, punch left arm atop of right(5), punch left arm forward (6), punch left arm below right arm (7) punch left arm Forward (8)

Part B: 32 counts

[1-8] Cross Samba, Cross, 1/4 & Together, Cross 1/4, Coaster Step

1&2-3 Cross R over L (1), Rock L to L side (&), Step R to R (2), Cross L over R (3)

&4 Making a ¼ turn left step back R (4), Step L next R (&)

5-6 Cross R over L (5), making a ¼ turn right step back on L (6)

7&8 Step R back (7), Step L next R (&), Step R forward (8)

[9 -16] Hips bumps, 1/4 shuffle , Step Turn Step, Walk Walk

1&2 Touch L toe forward and Bump hips forward (1), Bump hips back(&) bump your hips forward ending weight on L (2)

3&4 Making a ¼ right Step R forward (3), Step L behind R (&), Step R forward (4),

5&6 Step L forward (5), making a ½ turn right step R forward (&), Step L forward (6)

7-8 Walk R, L (7,8)

[17 -24] ¾ volta turn R and Cross, full volta turn L and cross.

1&2& Making an 1/8 turn right, step R forward (1), step L behind R (&), Making an 1/8 turn right, step R forward (2), Step L behind R (&)

3&4 Making an ¼ turn right step R forward (3),step L behind R (&) making a ¼ turn right cross R over L (4) *end facing 6 o'clock

5&6& Making a ¼ turn left step forward on L (5), Step R behind L (&), making a ¼ turn left step L forward (6), Step R behind L (&),

7&8 making a ¼ turn left step L forward (7), Step R behind L (&) making a ¼ turn left cross L over R (8) *end facing 6 o'clock

[25 - 32] Side, rock back side, ¼ hitch, 1/2, 1/4, together

- 1-2&3 Step R to right side (1), Rock L behind R (2), Recover on R (&), Step L to L side (3)
4&5 Making a ¼ turn to the left, lock R behind L as you hitch L knee up (4), Step L forward (&),
Step R forward (5)
6-7-8 Making a ½ to the left step L forward (6), making a ¼ to the left, Step R to R (7), Step L next
R (8)

[1-4] Tag

- 1-2-3-4 Step R forward (1), Making a ¼ to the left bounce heels over three counts (2,3,4) weight ends
on your L.

Smile and start the dance again !
