

编舞者: Jojjo (SWE)

音乐: You Can Do It (feat. Mack 10 & Ms. Toi) - Ice Cube



## Sequence: CBAAABACABAAAAA

### PART A

JUMP. TOUCH THREE TIMES.		TOUGHT THE THICK	TIIDNI4/
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1	l lumn	forward	on right	foot and	touch I	eft foot toe back	
	ı Jumb	ioiwaio	on nam	iooi and	TOUCH I	en roor roe back	

& Touch your left foot toes towards the right heel

2 Touch left toe beside right heel

3-4 Turn a whole turn to left and step forward with left (weight on right, face 12:00)

Touch right toe to right side, step together beside left Touch left toe to left side and, together beside right

7-8 Touch right toe to right side, turn ½ turn to right (weight on left, face 3:00)

### KICK-BALL STEP, ARM, HIP-CIRCLE, STEP, CROSS AND TURN 3/4

1&2 Kick right foot forward, step back on right and left to left side

3 Stretch your right hand out diagonally toward left (in front of your head)

## Stay this position in 3 counts

4-5 Do a circle with your hip. On count 4 you start circle from left to right and shift your weight to

your right foot. On count 5 you finish this circle put weight on left foot

6-8 Step right foot diagonally forward, cross left behind right with a touch, turn \(^4\) turn left (weight

on left, face 6:00)

# ROCK & TOUCH, CROSS ARMS, TURN ¼ RIGHT, TURN ½ LEFT, BOUNCE SHOULDERS, MONTEREY TURN

1&2 Rock back on right foot cross behind left foot and cross your arms in fro
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on left and take of your cross arms position, touch right together beside left

Turn ½ right (face 9:00) stepping right to right side
Turn ½ left (face 3:00) stepping left to left side

Bounce your right shoulder and slide right foot towards left
 Bounce your right shoulders and slide right foot to left foot

7&8 Touch right toe to right side, turn ½ turn to right, step together, touch left toe to left side

## KICK AND STEP TWICE, TURN 1/4 TOUCH, TURN 1/2 TOUCH, LONG STEP

1&2	Kick left foot forward, step together beside right and slide forward on right
3&4	Kick left foot forward, step together beside right and slide forward on right

Turn ¼ right and touch left to diagonally (-left 10:30 face 12:00)
Turn ½ turn to right and touch left foot to left side (face 6:00)

7-8 Make a long step to left side with left foot and slide right foot and touch beside

# PART B

1-2	Step right foot a long step diagonally forward and touch left toe beside
3-4	Step left foot a long step diagonally forward and touch right toe beside

#### PART C

# JUMP, TOUCH THREE TIMES, TURN A WHOLE TURN, TOUCH THREE TIMES, TURN 1/4

1 Jump forward on right foot and touch left foot toe back

& Touch your left foot toes towards the right heel

2 Touch left toe beside right heel

5&	Touch right toe to right side, step together beside left
6&	Touch left toe to left side and, together beside right
7-8	Touch right toe to right side, turn ½ turn to right (weight on left, face 3:00)
KICK-BALL ST	ΓΕΡ, ARM, HIP-CIRCLE, STEP, CROSS AND TURN ¾
1&2	Kick right foot forward, step back on right and left to left side
3	Stretch your right hand out diagonally toward left (in front of your head)
Stay this positi	on in 3 counts
4 5	

Turn a whole turn to left and step forward with left (weight on right, face 12:00)

3-4

Do a circle with your hip. On count 4 you start circle from left to right and shift your weight to 4-5

your right foot. On count 5 you finish this circle put weight on left foot

6-8 Step right foot diagonally forward, cross left behind right with a touch, turn 3/4 turn left (weight

on left, face 6:00)