

# You Can Do It!

拍数: 64                      墙数: 4                      级数: Improver  
编舞者: Diana Dawson (UK)  
音乐: Ain't Gonna Work Today - Junior Brown



## **CROSS STRUT, SIDE STRUT, BACK, ROCK, SIDE, HOLD - LEADING RIGHT**

1-2                      Cross right toe over left, drop right heel taking weight  
3-4                      Step left toe to left side, drop left heel taking weight  
5-6                      Rock back on right, rock forward onto left  
7-8                      Step right to right side, hold

## **CROSS STRUT, SIDE STRUT, BACK, ROCK, SIDE, HOLD - LEADING LEFT**

9-10                     Cross left toe over right, drop left heel taking weight  
11-12                    Step right toe to right side, drop right heel taking weight  
13-14                    Rock back on left, rock forward onto right  
15-16                    Step left to left side, hold (facing 12:00)

## **BACK, ROCK, HEEL STRUT, LEADING RIGHT THEN LEFT**

17-18                    Rock back on right, rock forward onto left  
19-20                    Touch right heel to right side, drop right foot to the floor  
21-22                    Rock back on left, rock forward onto right  
23-24                    Touch left heel to left side, drop left foot to the floor

## **EXTENDED WEAVE LEFT, KICK**

25-26                    Cross right behind left, step left to left side  
27-28                    Cross right over left, step left to left side  
29-30                    Cross right behind left, step left to left side  
31-32                    Cross right over left, kick left diagonally forward left (facing 12:00)

## **JAZZ BOX, JAZZ BOX ½ TURN, FORWARD**

33-34                    Cross left over right, step back on right  
35-36                    Step back on left, hold (traveling slightly back)  
37-38                    Cross right over left, step back on left  
39-40                    Make ½ turn right stepping right forward, hold, (traveling forward) (facing 6:00)

## **LOCK STEPS, STEP, PIVOT ½ TURN, STEP**

41-42                    Step left forward, lock right behind left,  
43-44                    Step left forward, hold  
45-46                    Step right forward, pivot ½ turn left,  
47-48                    Step right forward, hold (facing 12:00)

## **STEP, HEEL BOUNCE ¼ TURN, COASTER STEP**

49-50-51-52            Step left forward, bounce heels twice making ¼ turn right, hold (facing 3:00)  
53-54-55-56            Step right back, step left beside right, step right forward, hold

## **HEEL, HOOK, HEEL, STOMP, MONTEREY ½ TURN**

57-58                    Touch left heel forward, hook left over right  
59-60                    Touch left heel forward, stomp left beside right, taking weight  
61-62                    Point right to right side, make ½ turn right stepping right beside left (facing 9:00)  
63-64                    Point left to left side, step left beside right, taking weight

REPEAT

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