

I Can Do It

拍数: 64 墙数: 2 级数: Beginner
编舞者: Bill Bader (CAN)
音乐: I Can Do It - The Rubettes



4 HEEL STRUTS MOVING TO RIGHT SIDE

These 4 heel struts are performed with toes and body angled to right corner

- 1-2 Touch right heel to right side, step down right foot to right side (angled to right)
- 3-4 Touch left heel crossed over right, step down left foot crossed over right
- 5-8 Repeat 1-4

HIP BUMPS: RIGHT, HOLD, LEFT, HOLD, RIGHT, LEFT, RIGHT, HOLD

- 1-2 Step right to right side and bump hips to right, hold
- 3-4 Keeping feet in place bump hips to left, hold
- 5-6-7 Bump hips right, left, right
- 8 Hold

4 TOE STRUTS MOVING TO LEFT SIDE

These 4 toe struts are performed with toes and body angled to left corner

- 1-2 Touch left toe to left side, step down left foot to left side (angled to left)
- 3-4 Touch right toe crossed over left, step down right foot crossed over left
- 5-8 Repeat previous 4 counts

HIP BUMPS: LEFT, HOLD, RIGHT, HOLD, LEFT, RIGHT, LEFT, HOLD

- 1-2 Step left to left side and bump hips to left, hold
- 3-4 Keeping feet in place bump hips to right, hold
- 5-6-7 Bump hips left, right, left
- 8 Hold

TURNING JAZZ BOX WITH TOE STRUTS: SIDE, CROSS OVER, BACK, ¼ TURN LEFT

- 1-2 Touch right toe to right side, step down on right (to right side)
- 3-4 Touch left toe crossed over right, step down on left foot (crossed over right)
- 5-6 Touch right toe back, step down on right (back)
- 7-8 Turning ¼ left touch left toe forward, step down on left (forward)

TURNING JAZZ BOX WITH TOE STRUTS: FORWARD, CROSS OVER, BACK, ¼ TURN LEFT

- 1-2 Touch right toe slightly forward (or side as above), step down on right (forward)
- 3-4 Touch left toe crossed over right, step down left foot (crossed over right)
- 5-6 Touch right toe back, step down on right (back)
- 7-8 Turning ¼ left touch left toe forward, step down on left (forward)

4X HEEL GRIND WALK FORWARD

- 1 Touch right heel forward with toe angled inward
- 2 Rotate right toe outward and step down on right (forward)
- 3 Touch left heel forward with toe angled inward
- 4 Rotate left toe outward and step down on left (forward)
- 5-8 Repeat previous 4 counts

4 SMALL STEPS BACK, 2 TOE STRUTS BACK

- 1-2-3-4 Step back 4 small steps on right, left, right, left
- 5-6 Touch right toe back, step down on right (back)
- 7-8 Touch left toe back, step down on left

Option: jump both feet back ending together, hold

REPEAT
