

I Can-Can

COPPER KNOB
STEPPERS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Wendy Pemberton (UK)
音乐: Can Can No. 3 - Cincinnati Pops Orchestra



HIP BUMPS, ROTATE HIPS

1-4 Bump hips right twice, bump hips left twice
5-8 Rotate hips anti to the right twice

SPRINGS, CROSS KICKS

9-10 Spring onto right, kicking left, spring onto left, kicking right
11-12 Spring onto right kicking left, spring onto left, kicking right
13-14 Step right, kick left across right
15-16 Step left, kick right across left

TOE, HEEL, SPRINGS & HOP, ¼ TURN, TOE, HEEL, SPRINGS & HOP, ½ TURN

17 Touch right toe beside left toe (right knee bent slightly inward heel raised)
18 Touch right heel beside left toe (right toe and knee pointing outward)
19-20 Repeat counts 17&18
21-22 Spring onto right, spring onto left, turning ¼ right
23-24 Spring onto right, hop on right (on count 24, fling right arm up diagonally, shout "Yi")
25 Touch left toe beside right toe (left knee slightly bent inward heel raised)
26 Touch left heel beside right toe (left toe and knee pointing outward)
27-28 Repeat counts 25&26
29-30 Spring onto left, spring onto right, turning ½ left
31-32 Spring onto left, hop left (on count 32, fling left arm up diagonally, shout "Yi")

STEP BACK, TOGETHER, FORWARD, KICK TWICE, HEEL CLICKS, TWIST TOGETHER

33-36 Step back right, step together left, step forward right, kick left
37-40 Step back left, step together right, step forward left, kick right
41-42 Step forward on right heel, step together on left heel
43-44 Step back on right, step together on left
45-46 Click heels together twice
47-48 Twist heels right, twist heels together

ROCK STEP, SPRING BACK LEFT, CROSS, UNWIND ½ TURN

49-50 Rock back onto left, rock forward onto right
51-52 Rock forward onto left, rock back onto right
53-54 Spring back onto left, cross right over left
55-56 Unwind ½ turn left

BALL-CHANGE 1 ¾ TURNS RIGHT, JUMP TOGETHER

57&58& Step right, bending right knee slightly, step left toe beside right heel (ball change)
59&60&61&62& Repeat 6 times making 1 ¾ turns to the right
63&64 On count 64 jump both together, fling both arms up, shout "Yi"

REPEAT