

I Can Be

拍數: 32 牆數: 2 級數: Easy Intermediate
編舞者: Amy Christian (USA) - February 2017
音樂: I Can Be - Star Cast : (iTunes)



Intro: 16 counts. Sequence : 32, *16, 32, Tag, 32, 32, 32, 32, **28&, 32, 16, Pose!

STOMP, TOUCH, L COASTER, ROCKING CHAIR, STEP, PIVOT ½, KICKBALL STOMP,

1-2 Stomp R fwd, Touch L next to R,
3&4 L Coaster Step,
5&6& Rocking Chair (R,L,R,L),
7& Step fwd on R, Pivot ½ turn left – fwd on L, [6:00]
8&1 R Kickball Stomp, (weight on L),

TOUCH, R COASTER, 1/8 STEP-LOCK-STEP, ¼ BOX SLIDE STEPS,

2 Touch R next to L,
3&4 R Coaster Step,
5&6 1/8 turn left – Step, Lock, Step, [5:30]
7-8 Box slides - 1/8 turn left – Step R out to right side, 1/8 turn left – Step L out to L side, [12:00]
(* Restart here on Wall 2)

SIDE - TOUCH X 2, BUMP & BUMP, JAZZ BOX CROSS, SWITCHES, BALL – BIG STEP FWD, TOUCH,

1&2& Step R to sight side, Touch L next to R, Step L to left side, Touch R next to L,
3&4 Double Bump (R,L,R),
5&6& Jazz Box Cross (Cross L over R, Step back on R, Step L to side, Cross R over L),
7&8 Switches – Touch L out to left side, Replace L next to R, Touch R out to right side,
&1-2 On ball of R next to L, Take a big step fwd on L, Touch R behind L heel,

½ TURN SAILOR CROSS, FULL TRIPLE TURN, STEP FWD, KICKBALL,

3&4 ½ Turn R Sailor Cross, turning right, [6:00], (R,L,R,)
(* There is a Restart here on Wall 8 - Add a quick Ball step on L (&), then Restart the dance)
5&6 Full tripe on the spot, turning left, , L,R,L, [6:00],
7 Step R fwd,
8& L Kickball (Stomp fwd, will be count 1, with the beginning of the dance),

RESTARTS - There are 2 restarts in this dance.

*First Restart happens on Wall 2. Dance 16 counts and restart.

**Second Restart happens on Wall 8. Dance up to 28 counts, right till that ½ Sailor Cross, then add an & count - Step fwd on ball of L and Restart the dance. (Take note – your clue in the lyrics, when you start Wall 8, singer will repeat,... "I GOT YA! I GOT YA! I GOT YA!!)

TAG – Happens after Wall 16 counts.

1/8 WALK, WALK, FWD MAMBO, L COASTER, SIDE, RECOVER, 1/4 CROSS,

1-2 1/8 turn right [1:00] – Walk fwd R, Walk fwd L, [1:30]
3&4 Fwd Mambo (R,L,R)[1:30]
5&6 L Coaster Step [1:30]
7&8 Rock R out to right side, Recover on L, 1/4 turn left - Cross R over L facing 11:30,

1/8 WALK, WALK, FWD MAMBO, R COASTER, SIDE, RECOVER, 1/8 CROSS,

1-2 Walk fwd L, Walk fwd R, [11:30]
3&4 Fwd Mambo (L,R,L) [11:30]
5&6 R Coaster Step, [11:30]
7&8 Rock L out to left side, 1/8 Turn right - Recover on R [12:00] - Cross L over R,

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