

# I Can Do IT

拍數: 52      牆數: 1      級數: Phrased Improver - Fun dance  
編舞者: Mike Hitchen (UK) - October 2017  
音樂: I Believe in You - Dolly Parton : (iTunes, amazon)



Sequence: AB-AB-AB Little Dance  
Starts After 8 Counts

## Part A: 34 Counts

### SA1: Side Chasse, Jazz Box, Cross Shuffle, Side Rock Cross.

1&2      Step right to side, Step left together, Step right to side.  
3&4      Cross left over right, Step right back, Step left to side.  
5&6      Cross right over left, Step left to side, Cross right over left.  
7&8      Rock left to side, Recover to right, Cross left over right.

### SA2: Rumba Box, Shuffle 1/2 Turn, Step 1/2 Turn Step.

1&2      Step right to right, Step left together, Step right forward.  
3&4      Step left to left. Step right together, Step left back.  
5&6      Step right 1/4 turn right, Step left together, Step right 1/4 turn right.  
7&8      Step left forward, Pivot 1/2 turn right, Step left forward.

### SA3: Cross Rock Side Rock, Sailor Step, Cross Rock Side Rock, Sailor Step.

1&2&      Cross rock right over left, Recover to left, Rock right to right side, Recover to left.  
3&4      Cross right behind left, step left to side, Step right to side.  
5&6&      Cross rock left over right, Recover to right, Rock left to right side Recover to right  
7&8      Cross left behind right, Step right to side, Step left to side.

### SA4: Step 1/4 Turn Cross, Turn Turn Cross, Side Rock 1/4 Turn Step, Step Lock Step, Side Rock Touch.

1&2      Step right forward. Pivot 1/4 left, Cross right over left.  
3&4      1/4 turn right stepping left back, 1/4 turn right stepping right o side, Cross left over right.  
5&6      Rock right to side, Recover 1/4 turn left, Step right forward.  
7&8      Step left forward, lock right behind left, Step left forward.  
9&10      Rock right to right side, Recover to left, Step right together.

## Part B: 18 Counts

### SB1: Heels Toes Heels, Toes Heel Toes, Jazz Box, Cross side together.

1&2      Swivel heels right, Swivel toes right, Swivel Heels right.  
3&4      Swivel toes right, Swivel heels right, Swivel toes right.  
5&6      Cross left over right, Step right back, Step left to side.  
7&8      Cross right over left, Step left to left side, Step right together.

### SB2: Heels Toes Heels, Toes Heels Toes, Jazz Box, Cross Side Together Side Rock Touch.

1&2      Swivel heels left, Swivel toes left, Swivel Heels left.  
3&4      Swivel toes left, Swivel heels left, Swivel toes left.  
5&6      Cross right over left, Step left back, Step right to right side.  
7&8      Cross left over right, Step right to right side, Step left together.  
9&10      Rock right to right side, Recover to left, Touch right next to left.

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