

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.

Contact: mike.hitchen777@gmail.com