

# I Can Do It

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Aris Liepins (SCO) - August 2019  
音樂: I Can Do It - The Rubettes



**Intro: Start on main music beat**

## 2X SIDE SHUFFLES AND ROCK STEPS (RIGHT AND LEFT)

1&2      Step right side, left close to right, right to right  
3-4      Rock left back, recover  
5&6      Step left side, right close to left, left to left  
7-8      Rock back to right, recover

## STEPS 2X OUT, 2X IN, KICK BALL CHANGE, PIVOT, STEP

1-2      Step slightly forward-out right-left  
3-4      Step slightly back-in right-left  
5&6      Kick right forward, step next to left, bring weight to left  
7&8      Step right forward, turn 1/2 left, bring weight to left

## SHUFFLE BOX TURN

1&2&      Step right side, left close to right, right to right turning on the ball 1/4 left  
3&4&      Step left side, right close to left, left to left turning on the ball 1/4 left  
5&6&      Step right side, left close to right, right to right turning on the ball 1/4 left  
7&8      Step left side, right close to left, left to left (9:00)

## 2X TOUCHES, SAILOR STEPS(RIGHT AND LEFT)

1-2      Touch right forward, touch right side  
3&4      Cross right behind, left slightly to left-right together  
5-6      Touch left forward, touch left side  
7&8      Cross left behind, right slightly to right-left together

## SHUFFLES AND ROCK STEPS FORWARD AND BACK

1&2      Step right forward, left close to right, right  
3-4      Rock left forward, recover to right  
5&6      Step left back, right close to left, left  
7-8      Rock back to right, recover

## 2X HEEL-TOE-HEEL TOUCHES AND STEP(LEFT, RIGHT)

1-2-3-4      Touch slightly diagonally forward right heel, toe next to, left, forward heel, step right together  
5-6-7-8      Touch slightly diagonally forward left heel, toe next to right, forward heel, step left together

## VINE TO RIGHT, ROLLING VINE TO LEFT

1-2-3-4      Step right side, cross left behind, right to right-left close to right (no weight)  
5-6-7-8      Step left side into turn 1/4 left-right to right into turn 1/4 left, left to left into turn 1/2 left-right close to left (no weight)

## 2X KNEE MOVEMENTS IN-OUT-IN AND STEP(RIGHT, LEFT)

1-2-3-4      Touch right ball slightly to right moving knee out, in, out, bring weight to right  
5-6-7-8      Touch left ball slightly to left moving knee out, in, out, bring weight to left

**REPEAT**

