

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

