

# I Can

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Laura Turcaud (FR) - July 2020  
音樂: More - Matt Lang



Intro : 16c (aux paroles) Country style Traditional

**(1-8) Side, Touch with Snap, Side, Touch with Snap, Diagonaly Step, Together, Diagonaly Step, Touch**

1-2            R to R, touch L point next to R

**(Movement of the arms from L to R, and snap your fingers to « Touch »)**

3-4            L to L, touch R point next to L

**(Movement of the arms from R to L, and snap your fingers to « Touch »)**

**\*\*2nd Restart after 4 counts (9th wall)**

5-6            R diagonaly forward R, L next to R

7-8            R diagonaly forward R, touch L point next to R

**(Option « Step, Lock, Step » on counts 5-6-7 :**

**R diagonaly forward R, cross L behind R, R diagonaly forward R)**

**(9-16) Side, Touch, Side, Touch, Side, Together, ¼ turn & Step, Scuff**

1-2            L to L, touch R point next to L

**(Movement of the arms from R to L, and snap your fingers to « Touch »)**

3-4            R to R, touch L point next to R

**(Movement of the arms from L to R, and snap your fingers to « Touch »)**

5-6            L to L, R next to L

7-8            ¼ turn to L and L forward, scuff R heel next to L 9H

**(Option « Rolling vine ¼ turn » on counts 5-6-7 :**

**¼ turn to L and L forward, ½ turn to L and R back, ½ turn to L and L forward)**

**(17-24) Step, Scoot with Hitch, Step, Scoot with Hitch, Bump x4**

1-2            R forward, lift L knee and slip on R forward

3-4            L forward, lift R knee and slip on L forward

**\*1st Restart after 4 counts (4th wall)**

5-6-7-8       R next to L and bend knee L-R-L-R (Hip swing)

**(25-32) Rumba box**

1-2            R to R, L next to R

3-4            R back, touch L point next to R

5-6            L to L, R next to L

7-8            L forward, touch R point next to L

**The pleasure of sharing, dancing and making friends**

**Big kisses to all my friends Traditional, Catalan et my Montana family**