

# I Can Do Better

拍數: 64      牆數: 2      級數: Easy Intermediate  
編舞者: Lesley Kidd (UK) & I.C.E. (ES) - June 2020  
音樂: Mistakes - Jonas Blue & Paloma Faith : (Clean Version)



**Introduction: 32 Counts, start on beat.**

**Section 1: Side, together, forward, step ¼ cross, side rock, kick ball-cross**

1-2-3      Step R to R side, step L beside R, step forward R  
4&5      Step forward L, turn ¼ R, step L over R  
6-7      Rock R to R side, recover onto L  
8&1      Kick R to R diagonal, step on ball of R foot beside L, cross L over R (3.00)

**Section 2: Side rock, sailor ¼ turn, step, pivot ½, kick ball-step**

2-3      Rock R to R side, recover onto L  
4&5      Step R behind L, step L to L side turning ¼ R, step R to R side  
6-7      Step forward L, pivot ½ turn R  
8&1      Kick L forward, step on ball of L foot beside R, step forward R (12.00)

**Section 3: Rock forward, back lock step, rock back, kick and point**

2-3      Rock forward L, recover onto R  
4&5      Step back L, lock R in front of L, step back L  
6-7      Rock back R, recover onto L  
8&1      Kick R foot forward, step R beside L, point L to L side

**Section 4: Hold and switch, hitch, rolling turn, cross rock, step back**

2&3      Hold for 1 count, step L beside R, Point R to R side  
4-5      Hitch R knee, step R forward turning ¼ turn R  
6-7      Turn ½ turn R stepping back on L, turn ¼ R stepping R to R side  
8&1      Cross rock L, recover onto R, step back L to L diagonal line

**Section 5: Hitch, step back, touch, ball-cross, walk around, cross rock, step back**

2-3      Hitch R, step back R  
4&5      Touch L toe across R, step forward on ball of L, cross R over L  
6-7      Step L ¼ turn L to 9.00, step R 1/8 turn L to 7.30  
8&1      Cross rock L, recover onto R, step back to L diagonal line

**Section 6: Hitch, step back, touch, ball-step, 3x heel bounces turning ¼**

2-3      Hitch R, step back R  
4&5      Touch L toe across R, step slightly forward L, step slightly forward R  
6-7-8      Bounce both heels 3 times turning ¼ L to 3.00, finishing with weight on R  
**(Restart here on wall 3 after turning ½ turn to 12:00)**

**Section 7: Ball-cross, side rock, behind ¼ step, Jazz box, ¼ shuffle**

&1      Step on ball of L foot in place, cross R over L  
2-3      Rock L to L side, recover onto R  
4&5      Cross L behind R, turn ¼ R stepping forward on R, step forward L (6.00)  
6-7      Cross R over L, step back L  
8&1      Step R to R side, step L beside R, turn ¼ R stepping forward on R (9.00)

**Section 8: Step, pivot ½, shuffle forward, step, pivot ½, shuffle 1/4**

2-3      Step forward L, pivot ½ turn R (3.00)

4&5 Step forward L, step R beside L, step forward L  
6-7 Step forward R, pivot  $\frac{1}{2}$  turn L  
8& Turn  $\frac{1}{4}$  L stepping R to R side, step L beside R (6.00)

**Restart: Wall 3, section 6 after count 8**

**At the end of section 6 the dance restarts after the heel bounces, with a slight change. Instead of turning the bounces  $\frac{1}{4}$  turn, turn them  $\frac{1}{2}$  turn to 12.00 and restart.**

**Last Update - 24 July 2020**

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