

拍數: 0                      牆數: 0                      級數:  
 編舞者: Jojjo (SWE)  
 音樂: You Can Do It (feat. Mack 10 & Ms. Toi) - Ice Cube



**Sequence: C B A A A B A C A B A A A A A A**

## PART A

**JUMP, TOUCH THREE TIMES, TURN A WHOLE TURN, TOUCH THREE TIMES, TURN  $\frac{1}{4}$**

- |     |  |
|-----|--|
| 1   | Jump forward on right foot and touch left foot toe back                            |
| &   | Touch your left foot toes towards the right heel                                   |
| 2   | Touch left toe beside right heel   |
| 3-4 | Turn a whole turn to left and step forward with left (weight on right, face 12:00) |
| 5&  | Touch right toe to right side, step together beside left                           |
| 6&  | Touch left toe to left side and, together beside right                             |
| 7-8 | Touch right toe to right side, turn ¼ turn to right (weight on left, face 3:00)    |

## KICK-BALL STEP, ARM, HIP-CIRCLE, STEP, CROSS AND TURN ¾

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|-----|--|
| 1&2 | Kick right foot forward, step back on right and left to left side          |
| 3   | Stretch your right hand out diagonally toward left (in front of your head) |

**Stay this position in 3 counts**

- 4-5 Do a circle with your hip. On count 4 you start circle from left to right and shift your weight to your right foot. On count 5 you finish this circle put weight on left foot
- 6-8 Step right foot diagonally forward, cross left behind right with a touch, turn  $\frac{3}{4}$  turn left (weight on left, face 6:00)

**ROCK & TOUCH, CROSS ARMS, TURN ¼ RIGHT, TURN ½ LEFT, BOUNCE SHOULDERS, MONTEREY TURN**

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|-----|--|
| 1&2 | Rock back on right foot cross behind left foot and cross your arms in front of you, rock back on left and take of your cross arms position, touch right together beside left |
| 3   | Turn ¼ right (face 9:00) stepping right to right side  |
| 4   | Turn ½ left (face 3:00) stepping left to left side   |
| 5   | Bounce your right shoulder and slide right foot towards left   |
| 6   | Bounce your right shoulders and slide right foot to left foot  |
| 7&8 | Touch right toe to right side, turn ½ turn to right, step together, touch left toe to left side  |

**KICK AND STEP TWICE, TURN ¼ TOUCH, TURN ½ TOUCH, LONG STEP**

- |     |  |
|-----|--|
| 1&2 | Kick left foot forward, step together beside right and slide forward on right      |
| 3&4 | Kick left foot forward, step together beside right and slide forward on right      |
| 5&  | Turn ¼ right and touch left to diagonally (-left 10:30 face 12:00)                 |
| 6&  | Turn ½ turn to right and touch left foot to left side (face 6:00)                  |
| 7-8 | Make a long step to left side with left foot and slide right foot and touch beside |

## PART B

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|-----|--|
| 1-2 | Step right foot a long step diagonally forward and touch left toe beside |
| 3-4 | Step left foot a long step diagonally forward and touch right toe beside |

## PART C

**JUMP, TOUCH THREE TIMES, TURN A WHOLE TURN, TOUCH THREE TIMES, TURN  $\frac{1}{4}$**

- 1 Jump forward on right foot and touch left foot toe back
- & Touch your left foot toes towards the right heel
- 2 Touch left toe beside right heel

- 3-4 Turn a whole turn to left and step forward with left (weight on right, face 12:00)
- 5& Touch right toe to right side, step together beside left
- 6& Touch left toe to left side and, together beside right
- 7-8 Touch right toe to right side, turn  $\frac{1}{4}$  turn to right (weight on left, face 3:00)

**KICK-BALL STEP, ARM, HIP-CIRCLE, STEP, CROSS AND TURN  $\frac{3}{4}$**

- 1&2 Kick right foot forward, step back on right and left to left side
  - 3 Stretch your right hand out diagonally toward left (in front of your head)
- Stay this position in 3 counts**
- 4-5 Do a circle with your hip. On count 4 you start circle from left to right and shift your weight to your right foot. On count 5 you finish this circle put weight on left foot
  - 6-8 Step right foot diagonally forward, cross left behind right with a touch, turn  $\frac{3}{4}$  turn left (weight on left, face 6:00)
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