

U Can

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Maggie Gallagher (UK)
音樂: Can You Feel It - The Jacksons



Intro: 56 counts (about 34 seconds)

ROCKS, CROSS, STEP, KICK, STEP, CROSS, WEAVE

&1-2 Rock to right side, rock to left side, cross right over left
3 Step left to left side
4&5 Right low kick across left, step right to right side, cross left over right
6-7 Step right to right side, cross left behind right
&8 Step right to right side, cross left over right

¾ UNWIND RIGHT, STEP, HITCH BALL STEP, WALKS, KICK BALL HEEL

1-2 Unwind ¾ turn right ending with weight on right, walk forward left
3&4 Hitch right forward, step back onto ball of right, step left in place
5-6 Walk forward right, walk forward left
7&8 Kick right forward, step onto ball of right, left heel forward

PLACE, ROCKS, 1 ½ TRIPLE TURN RIGHT, FORWARD MOVING SCISSORS

&1-2 Place left next to right, rock forward onto right, rock back onto left
3&4 Make ½ turn right stepping forward onto right, ½ turn right stepping back onto left, ½ turn right stepping forward onto right (completing 1 ½ turns)
5&6 Step left to left side, step right beside left, cross left over right (moving forward slightly)
7&8 Step right to right side, step left beside right, cross right over left (moving forward slightly)

SIDE, HEEL, STEP, CROSS, SCUFF HITCH CROSS, STEPS BACK, HIP BUMPS

&1 Step left to left side, heel forward right on right diagonal
&2 Step right next to left, cross left over right
3&4 Scuff right diagonally forward, hitch right turning slightly to the left diagonal, cross right over left
5-6 Step back on left pushing body backwards, step back on right
7-8 Bump hips left, bump hips left

REPEAT

TAG

After wall five

RIGHT JAZZ BOX, RIGHT JAZZ BOX

1-2 Cross right over left, step back on left
3-4 Step right to right side, step left beside right
5-6 Cross right over left, step back on left
7-8 Step right to right side, step left beside right
