

# U Can

拍數: 32      牆數: 4      級數: Intermediate  
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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