

You Can Dance

拍數: 32 牆數: 2 級數: Improver
編舞者: Judith Campbell (NZ)
音樂: Save the Last Dance for Me - Daniel O'Donnell



I have dedicated this wee dance to the two Rebels of Geraldine

STEP - LOCK - COASTER STEP

1-2 Step left foot back, lock right foot over in front of left
3&4 Step back on left foot, step right next to left, step forward on left foot

SIDE ROCK - RECOVER - SHUFFLE ACROSS

5-6-7&8 Step/rock right to right side, recover onto left, shuffle right foot across in front of left foot

¼ PIVOT - TOE STRUT - ½ PIVOT - TOE STRUT

1-2-3-4 Step left foot forward, ¼ pivot to right, step left foot forward on toe, lower left heel. (toe strut)
5-6-7-8 Step right foot forward, ½ pivot to left, step right foot forward on toe, lower right heel (toe strut)

STEP - TOGETHER - STEP ¼ TURN LEFT - SHUFFLE FORWARD

1-2-3&4 Step left to left side, close right next to left, ¼ turn left and shuffle forward on left (left-right-left)

SIDE ROCK - RECOVER - SHUFFLE ACROSS

5-6-7&8 Step/rock right to right side, recover onto left, shuffle right across in front of left (right-left-right)

HEEL HOOK - HEEL TOE - 2 TOE HEEL STRUTS

1-2 Touch left heel forward, hook left foot under right knee,
3-4 Touch left heel forward, tap left toe back,
5-6-7-8 Step left foot forward on toe, lower left heel, step right foot forward on toe, lower right heel.

REPEAT

TAG

At the end of walls 1, 3, 6

ROCK FORWARD - BACK - SHUFFLE BACK - ROCK FORWARD - BACK - WALK FORWARD - HOLD:

1-2-3&4 Rock forward on left foot, rock back onto right foot, shuffle back on left foot
5-6-7-8 Rock back on right foot, rock onto left foot, walk forward on right foot, hold