

You Can Do

拍數: 0 牆數: 0 級數:
編舞者: Chatti the Valley (ES)
音樂: Lucky (Lucky Twice) - Austin Texas Country Club



Sequence: AA, BCBC, A, BCBC, A(1-40), BCC, BCC
Dedication: to my daughter Núria, for the first year in the university

SECTION A

RIGHT SHUFFLE, LEFT ROCK STEP, LEFT COASTER STEP, LEFT STEP TURN

- 1&2 Step forward on right, close left beside right, step forward on right
3-4 Step forward on left, rock/return weight on right
5&6 Step back left, step right beside left, step forward left
7-8 Step forward on right (6:00), ½ turn left & weight on left

RIGHT CHASSE, LEFT ROCK STEP, LEFT CHASSE, RIGHT BACK ROCK STEP

- 9&10 Step right to right side, close left beside right, step right to right side
11-12 Step forward on left, rock/return weight on right
13&14 Step left to left side, close right beside left, step left to left side
15-16 Step backward on right, rock/return weight on left
17-32 Repeat the same 16 counts (1-16)

RIGHT SHUFFLE ½ TURN, LEFT BACK ROCK STEP, LEFT GRAPEVINE

- 33&34 ¼ turn left & step right to right side, step left beside right, ¼ turn left & step back on right (6:00)
35-36 Step backward on left, rock/return weight on right
37-38 Step left to left side, cross right behind left
39-40 Step left to left side, touch right beside left

RIGHT GRAPEVINE, LEFT SHUFFLE ½ TURN, RIGHT BACK ROCK STEP

- 41-42 Step right to right side, cross left behind right
43-44 Step right to right side, touch left beside right
45&46 ¼ turn right & step left to left side, step right beside left, ¼ turn right & step back on left (12:00)
47-48 Step backward on right, rock/return weight on left

SECTION "B"

RIGHT STEP, HOLD, HIP BUMP TWICE, LEFT STEP, HOLD, HIP BUMP TWICE

- 1-2 Step forward on right, hold
3-4 Hip bump right, hip bump right
5-6 Step forward on left, hold
7-8 Hip bump left, hip bump left

RIGHT SIDE TOE TOUCH, HOLD, LEFT HEEL TOUCH, CLOSER, LEFT SIDE TOE TOUCH, HOLD, RIGHT TOUCH & KICK

- 9-10 Touch right toe to right side, hold
&11-12 Step right beside left, touch left hell forward, step left beside right
13-14 Touch left toe to left side, hold
15&16 Step left beside right, touch right beside left, kick right forward

SECTION "C"

RIGHT CHASSE, LEFT SHUFFLE ½ TURN, RIGHT KICK BALL CROSS TWICE

- 1&2 Step right to right side, close left beside right, step right to right side
3&4 ¼ turn left & step left to left side, step right beside left, ¼ turn left & step forward on left (6:00)
5&6 Kick right forward, step right beside left, cross left over right
7&8 Kick right forward, step right beside left, cross left over right

RIGHT SIDE ROCK STEP, LEFT WEAVE, LEFT SIDE ROCK STEP, RIGHT WEAVE

- 9-10 Step right to right side, rock/return weight on left
11&12 Cross right behind left, step left to left side, cross right over left
13-14 Step left to left side, rock/return weight on right
15&16 Cross left behind right, step right to right side, cross left over right

When the song finish at the end of last Section C, added a right stomp
