

You Can Do It!

拍數: 64 牆數: 4 級數: Improver
編舞者: Diana Dawson (UK)
音樂: Ain't Gonna Work Today - Junior Brown



CROSS STRUT, SIDE STRUT, BACK, ROCK, SIDE, HOLD - LEADING RIGHT

1-2 Cross right toe over left, drop right heel taking weight
3-4 Step left toe to left side, drop left heel taking weight
5-6 Rock back on right, rock forward onto left
7-8 Step right to right side, hold

CROSS STRUT, SIDE STRUT, BACK, ROCK, SIDE, HOLD - LEADING LEFT

9-10 Cross left toe over right, drop left heel taking weight
11-12 Step right toe to right side, drop right heel taking weight
13-14 Rock back on left, rock forward onto right
15-16 Step left to left side, hold (facing 12:00)

BACK, ROCK, HEEL STRUT, LEADING RIGHT THEN LEFT

17-18 Rock back on right, rock forward onto left
19-20 Touch right heel to right side, drop right foot to the floor
21-22 Rock back on left, rock forward onto right
23-24 Touch left heel to left side, drop left foot to the floor

EXTENDED WEAVE LEFT, KICK

25-26 Cross right behind left, step left to left side
27-28 Cross right over left, step left to left side
29-30 Cross right behind left, step left to left side
31-32 Cross right over left, kick left diagonally forward left (facing 12:00)

JAZZ BOX, JAZZ BOX ½ TURN, FORWARD

33-34 Cross left over right, step back on right
35-36 Step back on left, hold (traveling slightly back)
37-38 Cross right over left, step back on left
39-40 Make ½ turn right stepping right forward, hold, (traveling forward) (facing 6:00)

LOCK STEPS, STEP, PIVOT ½ TURN, STEP

41-42 Step left forward, lock right behind left,
43-44 Step left forward, hold
45-46 Step right forward, pivot ½ turn left,
47-48 Step right forward, hold (facing 12:00)

STEP, HEEL BOUNCE ¼ TURN, COASTER STEP

49-50-51-52 Step left forward, bounce heels twice making ¼ turn right, hold (facing 3:00)
53-54-55-56 Step right back, step left beside right, step right forward, hold

HEEL, HOOK, HEEL, STOMP, MONTEREY ½ TURN

57-58 Touch left heel forward, hook left over right
59-60 Touch left heel forward, stomp left beside right, taking weight
61-62 Point right to right side, make ½ turn right stepping right beside left (facing 9:00)
63-64 Point left to left side, step left beside right, taking weight

REPEAT
