

You Can Try

拍數: 32 牆數: 4 級數:
編舞者: Bill McGee (USA)
音樂: Shine - Vanessa Amorosi



STEP, SWEEP, TOUCH, STEP, SHUFFLE LEFT, SAILOR STEP

- 1-2 Step forward on left, sweep right around and to the left making $\frac{1}{2}$ turn left
3-4 Touch right foot next to left, step right on right
5&6 Shuffle to the left, left, right, left
7&8 Step right behind left, step left in place, step right to right and a bit forward

SKATE, SKATE, STEP, LOCK, STEP, ROCK, STEP. TURN, TURN, TURN

- 9-10 Skate left on left moving a bit forward, skate right on right moving a bit forward
11&12 Step forward on left, step right up and behind left, step forward on left
13&14 Rock forward on right, rock back on left, turning $\frac{1}{2}$ turn right step forward on right
15-16 Stepping forward on left and turn $\frac{1}{2}$ turn right, step back on right turning $\frac{1}{2}$ turn right

Alternate steps for 15-16

- 15-16 Step forward on left, step forward on right

CROSS, ROCK, STEP, CROSS, ROCK, STEP, CROSS, TURN SWEEP, TURNING SAILOR STEP

- 17&18 Cross rock left over right, rock in place on right, step left next to right
19&20 Cross rock right over left, rock in place on left, step right next to left
21-22 Cross step left over right, turning 1 full turn right sweep right foot around and behind left
23&24 Step right behind left turning $\frac{1}{4}$ turn right, step left in place, step right to right and a bit forward

Alternate steps for 21-22 and 23&24

- 21-22 Cross step left over right, kick right to right side
23&24 Step right behind left turning $\frac{1}{4}$ turn right, step left in place, step right to right and a bit forward

TURN, STEP, SHUFFLE TURN, STEP, LOCK, STEP, ROCK, STEP

- 25-26 Step forward on left and turn $\frac{1}{2}$ turn right, step forward on right
27&28 Stepping forward on left turning $\frac{1}{4}$ turn right, turn $\frac{1}{4}$ turn right and step back on right, step back on left
29&30 Step back on right, lock step left over right, step back on right
31-32 Rock back on left, step forward on right

REPEAT

RESTART

There is a restart of the dance after the first 16 counts of the fourth round. You will be on the right foot and simply start the dance from the beginning.

FINISH

The dance finishes on count 17 of the 11th round. For a big finish simply step forward on left raising both arms in the air. And please do shine a bit right here.