

# Achievements

拍數: 64      牆數: 2      級數: Easy Intermediate  
編舞者: Jan Wyllie (AUS) - December 2007  
音樂: You Can Get It (If You Really Try) - Mark Medlock



(32 count intro), start on vocals.

## Rock Return, Coaster, Rock Return, Coaster

1,2&3,4      Rock/step fwd on L, Rock back on R, Step back on L, Step R beside L, Step fwd on L  
5,6,7&8      Rock/step fwd on R, Rock back on L, Step back on R, Step L beside R, Step fwd on R

## Scuff Touch Bump x2, Rocking Chair, Scuff Touch Bumpx2, Rocking Chair

9,10,11,12      Scuff L towards left corner, Touch L toe down, Bump L heel twice taking wt on L  
13,14,15,16      Rock/step fwd on R, Rock back on L, Rock/step back on R, Rock fwd on L (facing L corner)  
17,18,19,20      Scuff R towards right corner, Touch R toe down, Bump R heel twice taking wt on R  
21,22,23,24      Rock/step fwd on L, Rock back on R, Rock/step back on L, Rock fwd on R (facing R corner)

## Shuffle Fwd, Rock Return, Step Back Across, Side Rock Return

25&26,27,28      Shuffle towards right corner stepping L,R,L, Rock/step fwd on R, Rock back on L  
29,30      Step back on R, Step L across right straightening up to the side wall (3 o'clock)  
31,32      Rock/step R to right, Rock/return wt sideways onto L

## Stomp Toes In, Toes Out, Heel Out, Toes Out, Repeat On OppositeFoot

33,34      Stomp R beside L with toes of R pointed in, Turn R toes to right  
35,36      Turn R heel to right, Turn R toes to right  
37,38      Stomp L beside R with toes of L pointed in, Turn L toes to left  
39,40      Turn L heel to left, Turn L toes to left

## Cross Rock Return, Side Shuffle, Cross Rock Return, 1/4 Shuffle

41,42,43&44      Cross/rock R over L, Rock back on L, Shuffle right stepping R,L,R  
45,46,47&48      Cross/rock L over R, Rock back on R, Making 1/4 left shuffle fwd L,R,L

## Rock Return, Step Back Touch Heel, Step Back Touch Heel, 1/4 Heel &Heel

49,50,51,52      Rock/step fwd on R, Rock back on L, Step back on R, Touch L heel fwd  
53,54      Step back on L, Touch R heel fwd  
&55&56      Making 1/4 left step R beside L, Touch L heel fwd, Step L beside R, Touch R heel fwd

## Rock Return, Shuffle Fwd, Step Pivot 1/2, Step Pivot 1/4

57,58,59&60      Rock/step back on R, Rock fwd on L, Shuffle fwd R,L,R  
61,62      Step fwd on L, Pivot 1/2 right transferring wt to R  
63,64      Step fwd on L, Pivot 1/4 right transferring wt to R

Begin again.

**\*There is an 8 count tag at the end of walls 1, 2\* and 3, please do the following**

1,2,3,4      Walk fwd L,R,L Touch R beside L  
5,6,7,8      Walk back R,L,R, Touch L beside R

**\*At the end of wall 2 there is a 16 count tag so please add the following to the above 8 counts**

9&10,11,12      Shuffle fwd L,R,L, Step fwd on R, Pivot 1/2 left transferring wt to L  
13&14,15,16      Shuffle fwd R,L,R, Step fwd on L, Pivot 1/2 right transferring wt to R

This dance looks hard on paper but in actual fact, it is quite easy.

Anyhow, like the song says... You can do it if you really try! So give it a go!

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