

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!
