

How Can You?

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BY STEPHEN BRETZ

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Malene Jakobsen (DK) - September 2009
音樂: Tell Me (Main) - Frankie J, Ken-Y & Pitbull : (CD: Tell Me - Single)



Intro: 16 from when the beat sets in, 15 seconds into track. Dance begins with weight on R.

(1-8) Ball, Monterey with hold, side rock cross, side, behind with sweep, behind side cross, ¼, ½, step
&1-2& (&) Step L beside R (1) point R to R, (2) HOLD (&) turn ½ R stepping L beside R 6.00
3&4& (3) Rock L to L, (&) recover onto R, (4) cross L over R, (&) step R to R 6.00
5-6& (5) Cross L behind R sweeping R from front to back, (6) cross R behind L, (&) step L to L
6.00
7& (7) Cross R over L, (&) turn ¼ R stepping back on L 9.00
8& (8) Turn ½ R stepping forward on R, (&) step forward on L 3.00

(9-16) Basic, back x 2, cross, rock ¼, step, rock ¼, ¼, side, cross
1-2& (1) Step R to R, (2) close L behind R, (&) cross R over L 3.00
3&4 (3) Step diagonally back on L, (&) step diagonally back on R, (4) cross L over R 3.00
&5 (&) Rock R to R, (5) recover onto L making ¼ turn L 12.00
6&7 (6) step forward on R, (&) Rock forward on L, (7) recover onto R turning ¼ R 3.00
&8 (&) Cross L over R, (8) turn ¼ L stepping back on R 12.00
& (&) Turn ¼ L stepping L to L, 9.00

NOTE Restart here on wall 7 – you'll be facing 3.00 – the last & count is the first count of section 1

(17-25) R twinkle, L twinkle, jazz box, weave ¼, ½
1-2& (1) Cross R over L, (2) step diagonally L forward on L, (&) step diagonally R forward on R
9.00
3&4 (3) Cross L over R, (&) step diagonally R forward on R, (4) step diagonally L forward on L
9.00
&5-6 (&) cross R over L, (5) step back on L, (6) step R to R 9.00
&7&8 (&) Cross L over R, (7) step R to R, (&) cross L behind R, (8) turn ¼ R stepping fw on R
12.00
&1 (&) Step forward on L, (1) turn ½ R 6.00

(26-32) Side rock, cross, tap, recover, ball, cross rock, ball cross, unwind ¾
2&3 (2) Rock L to L, (&) recover onto R, (3) cross L over R 6.00
&4 (&) Tap R toes behind L, (4) recover onto R 6.00
&5-6 (&) Step L slightly L, (5) cross R over L, (6) recover onto L 6.00
&7-8 (&) Step R slightly R, (7) cross L over R, (8) unwind ¾ R shifting weight to R 3.00

RESTART: There is one restart on wall 7 after 16 counts

lovelinedance@live.dk