

I Can

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Carin B - March 2011
音樂: I Can - Blue



Start on vocals – after 16 counts. (Turning clockwise)

Section 1: STEP RIGHT, DRAG TOUCH, COASTER STEP X2

1,2,3&4 Large step R to right side, Drag L and touch next to R, L Coaster step
5,6,7&8 Large step R to right side, Drag L and touch next to R, L Coaster step 12 o/c

Section 2: WALK, WALK, ROCK RECOVER TOGETHER, STEP ¼ LEFT, RIGHT FWD, ROCK RECOVER, BACK, BACK, BALL

1,2,3&4 Walk forward R, Walk forward L, Rock forward R, Recover onto L, Step R next to L
5,6 Step L forward turning ¼ left, Step R forward
&7&8& Rock L forward, Recover back onto R, Step L back, Step R back Step onto ball of L 9o/c

Section 3: CROSS RIGHT, STEP LEFT, ½ TURNING SAILOR, PENCIL TURN RIGHT, SIDE BEHIND SIDE

1,2,3&4 Cross R over L, Step L to left side, ½ turning right sailor step
5,6,7,8 Make full turn right on R foot L is close to R (or sweeping L if desired), Step L to left side, Step R behind L, Step L to left side. 3 o/c

(alternative steps for Pencil Turn: 5,6,7,8 Sway left onto L, Sway right onto R, Step L to left side, Step R behind L, Step L to left side.)

* Restart here on wall 5

Section 4: RIGHT FWD, PIVOT ½ LEFT, RIGHT FWD, PIVOT ½ LEFT, RIGHT FWD, ½ TURN RIGHT, ROCK, RECOVER

1,2,3,4 Step R forward, Pivot ½ turn left onto L, step R forward, Pivot ½ turn left onto L
5,6,7,8 Step R forward, turn ½ turn right onto L, Rock R back, Recover crossing L over R 9o/c

Section 5: SWAY RIGHT, SWAY LEFT, BEHIND SIDE CROSS, SWAY LEFT, SWAY RIGHT, BEHIND SIDE CROSS

1,2,3&4 Sway R, Sway L, Step R behind L, Step L to left side, Cross R over L
5,6,7&8 Sway L, Sway R, Step L behind R, Step R to right side, Cross L over R 9 o/c

Section 6: PRISSIE WALKS RIGHT LEFT, ROCK RIGHT, RECOVER LEFT, STEP RIGHT, TOUCH BEHIND, UNWIND ½ LEFT, RONDE RIGHT, TOUCH RIGHT.

1,2,3&4 Cross R over L, Cross L over R, Rock R across L, Recover onto L, Step R to right side
5,6,7,8 Touch L behind R, Unwind ½ turn left onto L, Ronde R from back all the way round to front, Touch R next to L 3 o/c

(alternative steps 7,8: Ronde R slowly from back all the way round to front and then past L foot and right into Step 1 of dance (omitting "Touch"))

End of Dance - - enjoy!

* Restart: On wall 5 - at the end of Section 3

Ending: And if you want to finish on the 12 o/c wall, all you need to do is:
Unwind ½ turn left onto L, step R fwd, pivot ½ turn left onto L.....Voila!