

Can You Dance?

拍數: 40 牆數: 4 級數: Improver
編舞者: Eva Pau (CAN) - April 2011
音樂: Dancing Queen - ABBA



Start dancing on vocal: "You can dance...."

SKATE, COASTER STEP X 2

1 - 2 Skate forward right, left
3&4 Step right back, step left together, step right forward
5 - 6 Skate forward left, right
7&8 Step left back, step right together, step left forward

SIDE SHUFFLE, SAILOR STEP, ½ TURN SAILOR CROSS, SIDE SHUFFLE

1&2 Side shuffle right, left, right
3&4 Step left behind right, step right slightly to right, step left in place
5&6 Sweep right next to left ½ turn R, step left in place, cross right over left
7&8 Side shuffle left, right, left (6:00)

CROSS ROCK, ¼ TURN SIDE SHUFFLE, CROSS ROCK, ½ TURN SIDE SHUFFLE

1 - 2 Cross rock right over left, recover on left
3&4 Side shuffle right, left, right ¼ turn R (9:00)
5 - 6 Rock left forward, recover right
7&8 Side shuffle left, right, left ½ turn L (3:00)

STEP PIVOT ½ TURN, FORWARD SHUFFLE X 2

1 - 2 Step right forward, pivot ½ turn L weight on left
3&4 Shuffle forward right, left, right
5 - 6 Step left forward, pivot ½ turn R weight on right
7&8 Shuffle forward left, right, left

Restart here at the end of walls 2nd (6:00), 4th (12:00) & 7th (9:00)

BIG STEP SIDE TOGETHER & SHOULDER SHIMMY, KICK BALL TOUCH X 2

1&2 Big step right to side, drag left to right, step left together (shoulder shimmy)
3&4 Kick right forward, step right in place, touch left together
5&6 Big step left to side, drag right to left, step right together (shoulder shimmy)
7&8 Kick left forward, step left in place, touch right together

TAG – ROCKING CHAIR X 2 – to be done at the end of 5th wall (facing 3:00)

1 - 4 Rock right forward, recover on left, rock left back, recover on right
5 - 8 Repeat 1 - 4