

Can I Dance?

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Laura Hilbert (UK) - January 2014
音樂: Yes Sir, I Can Boogie - Sophie Ellis-Bextor



Count in: 36 secs

Notes: 1 Restart , wall 5.

[1-8] Right side together, right shuffle forward, rock left recover, left coaster step.

123&4 step right to right side, step left to right. step right foot forward, close left to right, step right foot forward.

567&8 Rock forward on the left, recover weight back onto right. step back on the left, step right beside left, step forward on the left.

[9-16] Step right, 1/4 pivot left, right cross shuffle, rock left recover , left sailor 1/2 turn.

123&4 step forward on the right, pivot 1/4 left. Step right across left, step left to left side, step right across left. (9.00)

567&8 Rock left to left side, recover weight back onto right. Making 1/2 turn over left shoulder, step left behind right, step right to right side, step left in place. (3.00)

[17-24] Walk forward right, left, right kick ball change, cross over, side step and heel.

123&4 walk forward right, left, kick right leg forward, step weight onto right ball, step on the left.

567&8 step right across left, step left to left side, step right behind left, step weight onto left, put right heel forward to right diagonal.

[25-32] Step right, cross left, step right 1/4 left, left coaster step, step forward right, clap, pivot 1/2 left, clap.

&123&4 step weight on the right, cross left over right, step back on the right making 1/4 turn over left shoulder. Step back on the left, step right to left, step forward on the left.

5678 step forward on the right, clap, pivot 1/2 turn over left shoulder (weight on the left) clap.

(Restart here in wall 5)

[33-40] Side chasse right, rock back left recover, left side behind and cross and cross.

1&234 step right to right side, step left beside right, step right to right side, rock back on the left, recover weight onto right.

56&7&8 step left to left side, cross right behind left, step left foot slightly to left side , cross right over left, step left foot slightly to left side , cross right over left.

[41-48] Step left, kick right, step right, kick left, cross point right, 3/4 Monterey right, point left.

1234 step left to left side, kick right leg forward, step right to right side, kick left forward.

5678 step left across right, point right to right side, make 3/4 right (3.00) weight on right, point left to left side.

[49-56] Cross left over, side, behind and in front, jazz box 1/4 right (6.00)

123&4 cross left over right, step right to right side, step left behind right, step right to right side, step left over right.

5678 making 1/4 turn right, cross right over left, step back on the left, step back on the right slightly apart, step forward on the left.

[57-64] Rock forward right, recover, right shuffle 1/2, step left pivot 1/2 right, step left 1/4 right , touch.

123&4 rock forward for the right, recover weight back on the left. Making 1/2 turn over right shoulder, step right foot forward, step left to right, step right foot forward.

5678 step forward on the left, pivot 1/2 turn over right shoulder, step left 1/4 right, touch right beside left.

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