

Can You Do This?

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Amy Auger (USA) - January 2014
音樂: Can You Do This - Aloe Blacc



Start the dance 32 counts after he starts talking
You will start when he says "Bang, Bang, Bang"

This music makes you want to move, so have fun with the dance, and add your own style!

Heel, Flick, Walk, Walk, Heel, Flick, Walk, Walk

1-2 Touch Right heel forward (1), Flick Right foot straight back (2)
3-4 Quick walks forward on Right (3), on Left (4)
5-6 Touch Right heel forward (5), Flick Right foot straight back (6)
7-8 Quick walks forward on Right (7), on Left (8)

(Style option: Rise up slightly on counts 1 & 5, back down on counts 2 & 6)

Big Step Back Right Diagonal, Touch, Vine Left, Touch

1-4 Big step back on Right diagonal (1), Drag Left foot back (2-3), Touch Left toe (4)
5-8 Step Left side Left (5), Step Right behind Left (6), Step Left side Left (7), Touch Right toe beside Left foot (8)

Big Step Back Right Diagonal, Touch, "Dresser Drawer" Hip Bumps

1-4 Big step back on Right diagonal (1), Drag Left foot back (2-3), Touch Left toe (4)
5-8 Bump Up Left (5), Bump Right (6), Bump Down Left (7), Bump Right (8)

(Add some bend to the knees for more hip action!!)

Vine Left With 1/4 Turn Left, Touch, Side Step, Touch, Side Step, Touch

1-4 Step Left side Left (1), Step Right behind Left (2), Step Left side Left while turning 1/4 Left (3), Touch Right toe beside Left foot (4)
5-6 Step Right to Right (5), Touch Left toe beside Right foot (6)
7-8 Step Left to Left (7), Touch Right toe beside Left foot (8)

(Style option: Add dips while stepping to the sides and angling the body)

Repeat!

Contact: www.AmyAuger.com - saturdaynightout@yahoo.com