

I Can Be...

拍數: 32 牆數: 2 級數: Intermediate / Advanced NC2
編舞者: Linda McCormack (UK) - March 2014
音樂: This Time - John Legend : (iTunes)



Count in: 16 count intro

Info: □ 2 restarts; wall 3 & 7- restart dance after 16 counts of dance

[1-9] □ □ Sweeps x2, behind, side-cross rock, side, behind, ¼, step, ½ pivot, ¼, rock, sweep

- 1,2 (starting with the RF in front of the L) sweep RF round (1); stepping down on RF sweep LF round (2);
- 3&4& Step LF behind RF (3); step RF to R side (&); cross rock LF over R, recover back onto RF (4&);
- 5,6& Step LF to L side, slightly dragging RF (5); step RF behind LF (6); ¼ turn to the L stepping forward on the LF- facing 9 o'clock (&);
- 7&8&1 Step forward of RF (7); ½ turn pivot over L shldr- to face 3 o'clock (&); ¼ turn, stepping RF to R side - to face 12 o'clock wall (8); cross rock LF over R (&); recover weight back onto RF whilst sweeping LF round (1);

[10-17] □ Behind, 1/8th step, R lock step, rock-recover, coaster step, step, ½ pivot

- 2&3 Step LF behind R (2); turn 1/8th, stepping forward on RF - to face 1.30 o'clock (&); step forward on LF (3);
- 4&5 Step forward on RF (4); lock LF in behind RF (&); step forward on RF (5);
- 6&7&8 Rock forward on LF (6); recover back onto RF (&); L coaster step (7&8);
- &1 Step forward on RF (&); ½ turn pivot over L shldr to face 6.30 o'clock, keeping feet in same position with weight even (1);

[18-25] □ Close, cross, ¼, ¼, cross, nightclub basic, side, cross, ¼, ¼

- 2,3&4& Close LF to R (2); cross RF over L (3); ¼ turn stepping back on the LF- to face 12 o'clock (&); ¼ turn stepping RF to R side- to face 3 o'clock (4); cross LF over R (&);
- 5,6&7 R nightclub basic (5,6&); step LF to L side (7);
- 8&1 Cross RF over L (8); ¼ turn stepping back on the LF- to face 6 o'clock (&); ¼ turn stepping RF to R side- to face 9 o'clock (1)

[26-32&] Behind, side, cross, ¼, back rock, recover, step- full spiral turn, walks x 2, step, full tuck turn, step, rock

- 2&3&4& Step LF behind R (2); Step RF to R side (&); cross LF over R (3); ¼ turn stepping back on the RF- to face 6 o'clock (&); rock back on LF (4); recover weight back onto RF (&);
- 5,6&7 Stepping forward on the LF, spiral full turn R(5); 2 walks R, L (6&); Stepping forward on the RF, full turn over the R shldr dragging LF behind R (7);
- 8& step forward on LF (8); rock forward on the RF (&);

While recovering weight back onto the LF, start dance again with R sweep.

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