Because You Can



Compte: 64 Mur: 4 Niveau: Intermediate

Chorégraphe: Oli Geir (ICE) & Hugrun (ICE) - April 2013

Musique: Because You Can - Hera Björk : (Album: Because You Can)



68 Counts Intro, Start on Vocals

Note: Watch the rhythms carefully on 4th wall on part B. Keep dancing on same speed until the beat hits in.

Part A (Dance part A once)

Left Mambo Forward. Right Coaster Step.

1-4 Rock forward on Left. Rock back on Right. Step back on Left. Hold
5-8 Step back on Right. Step Left beside Right. Step forward on Right. Hold

Left Shuffle Forward. Step Pivot Step, Full Turn Left.

1-4 Step forward on Left. Step Right beside Left. Step forward on Left. Hold.

5-8 Step forward on Right. Pivot ½ turn Left. Turn ½ turn Left stepping back on Right. Hold.

Left Coaster Cross. Right Scissor Step.

Step back on Left. Step Right beside Left. Step Left across Right. Hold.
Step Right to Right side. Step Left beside Right. Step Right across Left. Hold.

Left Scissor Step. Step Side, Behind, Forward 1/4 Turn Right.

1-4 Step Left to Left side. Step Right beside Left. Step Left across Right. Hold.

5-8 Step Right to Right side. Step Left behind Right. Turn \(1/4\) turn Right stepping forward on Right.

Hold.

Step Pivot Step ¾ Turn Right. Step Behind, Side, Across, Sweep.

1-4 Step forward on Left. Pivot ¾ turn Right. Step Left to Left side. Hold.

5-6 Step Right behind Left. Step Left to Left side.

7-8 Step Right across Left. Sweep Left from behind out and around.

Step Across, Side, Behind. Sweep. Step Behind, Side, Across. Sweep.

1-2 Step Left across Right. Step Right to Right side.

3-4 Step Left behind Right. Sweep Right from front out and around.

5-6 Step Right behind Left. Step Left to Left side.

7-8 Step Right behind Left. Sweep Left from behind out and around.

Left Mambo Forward. Right Shuffle Back, Kick Across.

1-4 Rock forward on Left. Rock back on Right. Step back on Left. Hold

5-6 Step back on Right. Step Left beside Right.7-8 Step back on Right. Kick Left across Right.

Step Side, Across, Side, Kick Side. Step Side, Across, Side, Kick Across.

1-2 Step Left to Left side. Step Right across Left.3-4 Step Left to Left side. Kick Right to Right side.

7-8 Step Right to Right side. Kick Left across Right. (Facing 12 o'clock)

Step Right to Right side. Step Left across Right.

Part B (Danced to the end of song)

5-6

Chasse Left. Back Rock. Step Side, Hold. Step Together, Step Side. Back Rock.

1&2 Step Left to Left side. Step Right beside Left. Step Left to Left side.

3-4 Rock back on Right. Rock forward on Left.

5-6 Step Right to Right side. Hold.

&7-8 Step Left beside Right side. Step Right to Right side. Rock back on Left.

Step Side. Right Sailor Step. Left Sailor Step. Step Pivot ½ Turn Left.

1-2 Rock forward on Right. Step Left to Left side.

Step Right behind Left. Step Left to Left side. Step Right in place.
 Step Left behind Right. Step Right to Right side. Step forward on Left.

7-8 Step forward on Right. Pivot ½ turn Left. (Facing 6 o'clock)

Chasse Right. Back Rock. Step Side, Hold. Step Together, Step Side. Back Rock.

1&2 Step Right to Right side. Step Left beside Right. Step Right to Right side.

3-4 Rock back on Left. Rock forward on Right.

5-6 Step Left to Left side. Hold.

&7-8 Step Right beside Left. Step Left to Left side. Rock back on Right.

Step Side. Left Sailor Step. Right Sailor Step. Step Pivot ½ Turn Right.

1-2 Rock forward on Left. Step Right to Right side.

3&4 Step Left behind Right. Step Right to Right side. Step Left in place.
5&6 Step Right behind Left. Step Left to Left side. Step forward on Right.

7-8 Step forward on Left. Pivot ½ turn Right. (Facing 12 o'clock)

Forward Rock. Chasse ½ Turn Left. Turn ¼ Turn Left Into Right Chasse. Reverse Pivot ½ Turn Left.

1-2 Rock forward on Left. Rock back on Right.

Step Left into Chasse ½ turn Left, stepping Left, Right, Left.
 Turn ¼ turn Left, stepping Right into chasse Right, Left, Right.

7-8 Touch Left toe back. Reverse pivot ½ turn Left weight end on Left. (Facing 9 o'clock)

Forward Rock. Chasse ½ Turn Right. Forward Rock. Chasse ½ Turn Left.

1-2 Rock forward on Right. Rock back on Left.

3&4 Step Right into chasse ½ turn Right, stepping Right, Left Right.

5-6 Rock forward on Left. Rock back on Right.

7&8 Step Left into chasse ½ turn Left, stepping Left, Right, Left. (Facing 9 o'clock)

Step Pivot ½ Turn Left. Kick Across, Kick Side. Step Behind, Side, Cross. Side Rock.

1-2 Step forward on Right. Pivot ½ turn Left. (Facing 3 o'clock)

3-4 Kick Right across Left. Kick Right to Right side.

5&6 Step Right behind Left. Step Left to Left side. Step Right across Left.

7-8 Rock Left out to Left side. Recover onto Right.

Step Behind, Side, Cross. Side Rock. Step Behind, Side, Forward. Step Pivot ½ Turn Right.

1&2 Step Left behind Right. Step Right to Right side. Step Left across Right.

3-4 Rock Right out to Right side. Recover onto Left.

5&6 Step Right behind Left. Step Left to Left side. Step forward on Right.

7-8 Step forward on Left. Pivot ½ turn Right. (Facing 9 o'clock)

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