I Can Do Hard Things

COPPER KNOB

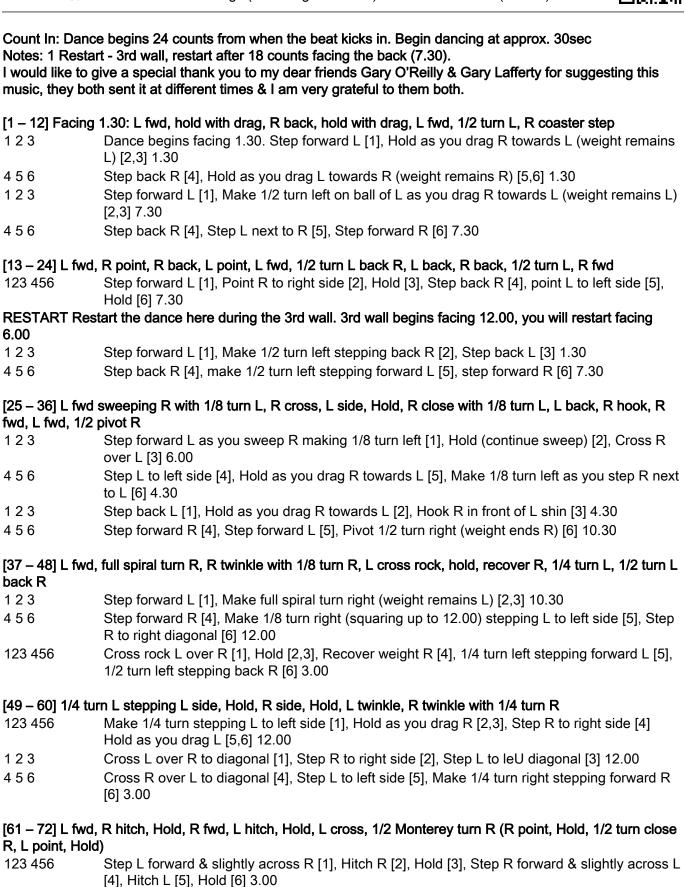
拍数: 96

墙数:2

级数: Intermediate / Advanced waltz style

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音乐: I Can Do Hard Things (Full Length Version) - Jennifer Nettles : (iTunes)



123 456 Cross L over R [1], Point R to right side [2], Hold [3], 1/2 turn right stepping R next to L [4], Point L to left side [5], Hold [6] 9.00

[73 – 84] To 10.30: L fwd, R side, L close, R fwd, L side, R close, L fwd, R slow kick, R back, 1/8 turn L side, 1/8 turn L stepping R fwd

- 1 2 3 Traveling towards 10.30: Step forward L [1], Make 1/8 turn left stepping R to right side [2], Step L next to R [3] 10.30
- 4 5 6 Make 1/8 turn right stepping forward R [4], Make 1/8 turn right stepping L to left side [5], Step R next to L [6]
- (During the above 6 counts keep head looking towards 10.30 as that is the way you are traveling). 10.30
- 1 2 3 Make 1/8 turn left stepping forward L [1], Slowly kick R leg forward lifting from knee first [2], continue kick forward [3] 10.30
- 4 5 6 Step back R [4], Make 1/8 turn left stepping L to left side [5], Make 1/8 turn left stepping forward R [6] 7.30

[85 – 96] Diamond Fallaway turning L: L fwd, R side, L back, R back, L side, R fwd, L fwd, R side, L back, R back, L side, R fwd

- 1 2 3 Step L forward [1], Make 1/8 turn left stepping R to right side [2], Make 1/8 turn left stepping back L [3] 4.30
- 4 5 6 Step R back [4], Make 1/8 turn left stepping L to left side [5], Make 1/8 turn left stepping forward R [6] 1.30
- 1 2 3 Step L forward [1], Make 1/8 turn left stepping R to right side [2], Make 1/8 turn left stepping back L [3] 10.30
- 4 5 6 Step R back [4], Make 1/8 turn left stepping L to left side [5], Make 1/8 turn left stepping forward R [6] 7.30

START AGAIN - HAVE FUN