

Can I Get It

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Marianne Langagne (FR) - 20 January 2022
音乐: Can I Get It - Adele



Intro : 8 Counts

Tag : At the end of walls 3 (9:00), 7 (9:00), 9 (3:00)

TAG STEP ½ TURN L X 2 (Option : ROCKING CHAIR)

1-2-3-4 RF Fwd, ½ Turn L, RF Fwd, ½ Turn L (weight on LF)

Dance : 32-32-32-TAG-32-32-32-32-TAG-32-32-TAG-30 (dance ends at Rock Back, continue RF forward-1/2 turn L)

S1: LARGE SIDE R, TOUCH BEHIND, LARGE SIDE L, TOUCH BEHIND, SIDE, TOGETHER/ R KNEE IN , TRIPLE FWD ON ¼ TURN R

1-2 Large Step to the R, Touch L behind RF

3-4 Large Step to the L, Touch R behind LF

5-6 RF to the R, Together (weight on LF) R Heel up/ R Knee In (Option : LF next to RF)

7&8 RF Fwd on ¼ Turn R (3:00), Together, RF Fwd

S2: STEP ¾ TURN R, CHASSE L , BEHIND , STEP L ¼ TURN L, TRIPLE ON ½ CERCLE L

1-2 LF Fwd, Pivot ¾ Turn R (12:00) (weight on RF)

3&4 LF to the L, Together, LF to the L

5-6 RF behind LF, LF Fwd on ¼ Turn L (9:00)

7&8 RF Fwd on 1/8 Turn L (7:30), Together on ¼ Turn L (4:30) , RF Fwd on 1/8 Turn L (3:00)

S3: PRISSY WALK L- R, TRIPLE FWD, MAMBO STEP, SIDE ROCK

1-2 LF Fwd crossing over RF, RF Fwd crossing over LF

3&4 LF Fwd, Together, LF Fwd

5&6 RF Fwd, Recover on LF, RF Back

7-8 LF to the L, Recover on RF

S4: SIDE, HOLD, SIDE ROCK, ROCK BACK , KICK BALL CROSS

& Together

1-2 RF to the R, Hold

& Together

3-4 RF to the R, Recover on LF

5-6 RF Back, Recover on LF

7&8 Kick RF, R Ball next to LF, Cross LF over RF

ENJOY !!!!

Contact : eujeny_62@yahoo.fr

Website : www.mariannelangagne.fr