She Can Dance

拍数: 32	墙数: 4	级数: Easy Intermediate

编舞者: Joshua Talbot (AUS) - March 2025

音乐: She's Nothing But A Good Time - Kilotile

Intro: 16 counts
Restarts: 2 restarts

Section 1: R SIDE, ROCK BACK, RECOVER, L LOCK SHUFFLE FWD, ½ PIVOT, ¼ SIDE

1, 2, 3	Step R to R, rock L back, Recover weight R
4&5	Step L fwd, lock R behind L, step L fwd
6, 7	Step R fwd, ½ L taking weight L
8	¼ L step R to R

Section 2: L SAILOR, R SAILOR, BEHIND, ¼ FWD, FWD, ½ HITCH

1&2	Step L behind R, step R to R, step L to L
3&4	Step R behind L, step L to L, step R to R
5, 6	Step L behind R, ¼ R step R fwd
7	Step L fwd (keep weight fwd on the ball of your L foot)
8	Making a ½ R turn on ball of L as you raise R knee up

Note: When turning with your R knee, raise it up and bring it back prepping for next count.
Arm styling: On wall 1 only when you do count 8 (R knee up) spray hand up and out as you make the half turn.

Section 3: BACK, HOLD, HIP FWD, HIP BACK, WALK, WALK, WALK, SIDE BALL STEP

1, 2	Step/rock R back slightly pushing R hip back, HOLD
3, 4	Recover weight fwd pushing L hip fwd, recover weight R pushing R hip back
5, 6. 7	Walk L fwd, walk R fwd, walk L fwd
&8	Rock/push R to R side, recover weight L

(Styling: Counts 1-4 your body should be opened to R diagonal to allow your hips to sway Back/fwd)

Section 4: ¼ JAZZ BOX CROSS, VINE R (OR DOUBLE REVERSE TURN)

1, 2, 3, 4	Cross R over L, ¼ R step L back, step R to R, cross L over R
5, 6, 7, 8	Step R to R, step L behind R, step R to R, cross L over R

Or double reverse turn option:

5, 6, 7, 8	¼ L step R back, ½ L step L together, ½ L step R together, ½ L step L together

(1) If doing the double reverse turn option, you will need to add an extra ¼ L as you step R to R on count number one (1) of each next wall.

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Restarts: On wall 4 & 7 at count 20: Dance to count 18, then on count 19 step L fwd, count 20 bring R knee up. Then Restart

Joshua Talbot: +61 407 533 616 dance@jbtalbot.com www.jbtalbot.com

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