

I Can Dance!

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Cindy Truelove (AUS) & Simon Ward (AUS)
音乐: Now I Can Dance (Single Edit) - Tina Arena



This is a Latin style dance with the accents on counts 4&5 and 8&1.

- | | |
|-------|--|
| 1-2-3 | Walk forward right, then left, turn ½ left and step back on right (facing back wall) |
| 4& | Step ball of left beside right, step right slightly forward |
| 5-6-7 | Walk forward left, then right, turn ½ right and step back on left (facing front) |
| 8& | Step ball of right beside left, step left slightly forward |
| | |
| 1-2-3 | Walk forward right, then left, then right |
| 4& | Rock on left to side, return weight to right at center and at same time bring left leg in beside right (no weight on left) |
| 5-6-7 | Step back on left, then right, then left |
| 8& | Rock right to side, return weight to left at center and at the same time bring right leg in beside left (no weight on right) |
| | |
| 1-2-3 | Step right to side, cross left behind, step right to side turning ¼ right |
| 4& | Rock forward on left, return weight to right turning ½ left |
| 5-6-7 | Step left forward, step on right and spin a full turn left, step left forward |
| 8& | Rock forward on right, return weight to left turning ¼ right |
| | |
| 1-2 | Step right to side swaying hips to right and slightly raising left heel, repeat to left |
| 3 | Return weight to right sliding left in beside |
| 4& | Place left behind right swiveling both heels in (like a Louie), straighten heels |
| 5-8& | Repeat above counts 1-4& on left side |
| | |
| 1-2-3 | Rock right to right side, return weight to left, cross right over left |
| 4& | Rock left to left side, return weight to right turning ¼ turn right |
| 5-6-7 | Rock left to left side, return weight to right, cross left over right |
| 8& | Step right back, step left back beside right |
| | |
| 1-2 | Tap right heel forward at 45 degrees right, tap right heel forward across left at 45 degrees left |
| & | Pop left knee forward at the same time cross/touch right toes over left |
| 3-4 | Tap right heel forward across left at 45 degrees left, tap right heel forward at 45 degrees right |
| & | Step right beside left |
| 5-8& | Repeat above counts 1-2 & 3-4 & on left |

REPEAT