拍数： 64
壇数： 2
级数：Beginner
编舞者：Bill Bader（CAN）
音乐：I Can Do It－The Rubettes

## 4 HEEL STRUTS MOVING TO RIGHT SIDE

## These 4 heel struts are performed with toes and body angled to right corner

| $1-2$ | Touch right heel to right side，step down right foot to right side（angled to right） |
| :--- | :--- |
| $3-4$ | Touch left heel crossed over right，step down left foot crossed over right |
| $5-8$ | Repeat 1－4 |

HIP BUMPS：RIGHT，HOLD，LEFT，HOLD，RIGHT，LEFT，RIGHT，HOLD
1－2 Step right to right side and bump hips to right，hold
3－4 Keeping feet in place bump hips to left，hold
5－6－7 Bump hips right，left，right
8 Hold

## 4 TOE STRUTS MOVING TO LEFT SIDE

These 4 toe struts are performed with toes and body angled to left corner
1－2 Touch left toe to left side，step down left foot to left side（angled to left）
3－4 Touch right toe crossed over left，step down right foot crossed over left
5－8 Repeat previous 4 counts
HIP BUMPS：LEFT，HOLD，RIGHT，HOLD，LEFT，RIGHT，LEFT，HOLD
1－2 Step left to left side and bump hips to left，hold
3－4 Keeping feet in place bump hips to right，hold
5－6－7 $\quad$ Bump hips left，right，left
8 Hold
TURNING JAZZ BOX WITH TOE STRUTS：SIDE，CROSS OVER，BACK，¼ TURN LEFT
1－2 Touch right toe to right side，step down on right（to right side）
3－4 Touch left toe crossed over right，step down on left foot（crossed over right）
5－6 Touch right toe back，step down on right（back）
7－8 Turning $1 / 4$ left touch left toe forward，step down on left（forward）
TURNING JAZZ BOX WITH TOE STRUTS：FORWARD，CROSS OVER，BACK， $1 ⁄ 4$ TURN LEFT
1－2 Touch right toe slightly forward（or side as above），step down on right（forward）
3－4 Touch left toe crossed over right，step down left foot（crossed over right）
5－6 Touch right toe back，step down on right（back）
7－8 Turning $1 / 4$ left touch left toe forward，step down on left（forward）

## 4X HEEL GRIND WALK FORWARD

1 Touch right heel forward with toe angled inward
2 Rotate right toe outward and step down on right（forward）
3 Touch left heel forward with toe angled inward
$4 \quad$ Rotate left toe outward and step down on left（forward）
5－8 Repeat previous 4 counts

## 4 SMALL STEPS BACK， 2 TOE STRUTS BACK

1－2－3－4 Step back 4 small steps on right，left，right，left
5－6 Touch right toe back，step down on right（back）
7－8 $\quad$ Touch left toe back，step down on left

Option: jump both feet back ending together, hold

