

# I Can Be

拍數: 32      牆數: 2      級數: Easy Intermediate  
編舞者: Amy Christian (USA) - February 2017  
音樂: I Can Be - Star Cast : (iTunes)



Intro: 16 counts. Sequence : 32, \*16, 32, Tag, 32, 32, 32, 32, \*\*28&, 32, 16, Pose!

## STOMP, TOUCH, L COASTER, ROCKING CHAIR, STEP, PIVOT ½, KICKBALL STOMP,

- 1-2      Stomp R fwd, Touch L next to R,
- 3&4      L Coaster Step,
- 5&6&      Rocking Chair (R,L,R,L),
- 7&      Step fwd on R, Pivot ½ turn left – fwd on L, [6:00]
- 8&1      R Kickball Stomp, (weight on L),

## TOUCH, R COASTER, 1/8 STEP-LOCK-STEP, ¼ BOX SLIDE STEPS,

- 2      Touch R next to L,
  - 3&4      R Coaster Step,
  - 5&6      1/8 turn left – Step, Lock, Step, [5:30]
  - 7-8      Box slides - 1/8 turn left – Step R out to right side, 1/8 turn left – Step L out to L side, [12:00]
- (\* Restart here on Wall 2)

## SIDE - TOUCH X 2, BUMP & BUMP, JAZZ BOX CROSS, SWITCHES, BALL – BIG STEP FWD, TOUCH,

- 1&2&      Step R to sight side, Touch L next to R, Step L to left side, Touch R next to L,
- 3&4      Double Bump (R,L,R),
- 5&6&      Jazz Box Cross (Cross L over R, Step back on R, Step L to side, Cross R over L),
- 7&8      Switches – Touch L out to left side, Replace L next to R, Touch R out to right side,
- &1-2      On ball of R next to L, Take a big step fwd on L, Touch R behind L heel,

## ½ TURN SAILOR CROSS, FULL TRIPLE TURN, STEP FWD, KICKBALL,

- 3&4      ½ Turn R Sailor Cross, turning right, [6:00], (R,L,R,)
- (\*\* There is a Restart here on Wall 8 - Add a quick Ball step on L (&), then Restart the dance)
- 5&6      Full tripe on the spot, turning left, , L,R,L, [6:00],
  - 7      Step R fwd,
  - 8&      L Kickball (Stomp fwd, will be count 1, with the beginning of the dance),

RESTARTS - There are 2 restarts in this dance.

\*First Restart happens on Wall 2. Dance 16 counts and restart.

\*\*Second Restart happens on Wall 8. Dance up to 28 counts, right till that ½ Sailor Cross, then add an & count - Step fwd on ball of L and Restart the dance. (Take note – your clue in the lyrics, when you start Wall 8, singer will repeat,... "I GOT YA! I GOT YA! I GOT YA!!)

TAG – Happens after Wall .... 16 counts.

## 1/8 WALK, WALK, FWD MAMBO, L COASTER, SIDE, RECOVER, 1/4 CROSS,

- 1-2      1/8 turn right [1:00] – Walk fwd R, Walk fwd L, [1:30]
- 3&4      Fwd Mambo (R,L,R)[1:30]
- 5&6      L Coaster Step [1:30]
- 7&8      Rock R out to right side, Recover on L, 1/4 turn left - Cross R over L facing 11:30,

## 1/8 WALK, WALK, FWD MAMBO, R COASTER, SIDE, RECOVER, 1/8 CROSS,

- 1-2      Walk fwd L, Walk fwd R, [11:30]
- 3&4      Fwd Mambo (L,R,L) [11:30]
- 5&6      R Coaster Step, [11:30]
- 7&8      Rock L out to left side, 1/8 Turn right - Recover on R [12:00] - Cross L over R,

