# Now I Can Dance!



拍數: 0 牆數: 2 級數: Improver

編舞者: Joseph Yip (SG)

音樂: Do You Love Me - The Contours



Sequence: AB, AA, BB, AA(Omitting last 8 counts-do up to 5th eight where music will soften down), BB Dedicated to Ruby Low and her group from Kuala Lumpur, Malaysia for their enthusiasm & friendship

#### **SECTION A**

## MASHED POTATOES BACK, RIGHT VINE 1/4 RIGHT TURN, STOMP

1 With weight on ball of left foot, turn both toes inward & lift right foot slightly off
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2 Step back on right foot, turning both toes outward

With weight on ball of right foot, turn both toes inward & lift left foot slightly off floor

4 Step back on left foot, turning both toes outward

5-8 Right to right, left behind right, right forward ¼ turn right, left stomp next to right

## SWIVEL HEELS, TOES LEFT, RIGHT VINE 1/4 RIGHT TURN, STEP

1-2-3-4 Swivel heels left, then toes left, for steps 3-4 repeat 1-2

5-8 Right to right, left behind right, right forward ¼ turn right, left step next to right

## **MONTEREY ½ TURN RIGHT TWICE**

1-2 Right toe touch side, turn ½ right & step on right next to left 3-4 Left toe touch side, left step next to right (weight on left)

5-8 Repeat 1-4

## TOE STRUTS, 'ROCKING CHAIR'

1-4 Right toe touch back, snap down right heel, left toe touch back, snap down left heel

5-6-7-8 Step back right, rock onto left, step forward right, rock onto left

## TOE STRUTS, 'ROCKING CHAIR'

1-4 Right toe touch back, snap down right heel, left toe touch back, snap down left heel

5-6-7-8 Step back right, rock onto left, step forward right, rock onto left

## RIGHT VINE (OPTIONAL FULL TURN), TOUCH, LEFT VINE 1/2 TURN LEFT, STEP

1-2-3-4 Step right to right, step left behind right, step right to right, touch left next to right

5-6-7-8 Step left to left, step right behind left, step forward left ¼ left, step right next to left turning ¼

left on left

#### **SECTION B**

## JUMP BACK & HOLD TWICE, MONTEREY ½ TURN RIGHT

1-2 Bending knees slightly jump back on both feet with both palms pushing forward, hold

3-4 Repeat 1-2

Fight toe touch side, turn ½ right & step on right next to left Left toe touch side, left step next to right (weight on left)

## JUMP BACK & HOLD TWICE, SHIMMY RIGHT, STEP

1-2 Bending knees slightly jump back on both feet with both palms pushing forward, hold

3-4 Repeat 1-2

5-7 Step long step right to right side, shimming shoulders (over 3 counts)

8 Step left next to right with a clap

## JUMP BACK & HOLD TWICE, PIVOT ½ TURN LEFT TWICE

1-2	Bending knees slightly jump back on both feet with both palms pushing forward, hold
3-4	Repeat 1-2
5-6-7-8	Step right forward, pivot ½ turn left, twice

# CROSS STEP, HOLD & CLAP 2, SIDE, HOLD & CLAP, TWICE

1&2-3-4	Right cross over left(1), hold & clap twice(&2), left to left(3), hold	d &clap(4)

5&6-7-8 Repeat 1&2-3-4