

I Can Do Anything

拍數: 64 牆數: 1 級數: Intermediate
編舞者: Michael Weeks (USA) & Betty Weeks (USA)
音樂: Anything - Natalie Grant



TOUCH - KICK, RONDE-CROSS BEHIND, ROCK & CROSS, STEP - BEHIND, ROCK & CROSS

&1-2 Right touch, kick, right ronde step behind left
3&4 Rock left step to left side, replace to right, cross left over right
5-6 Right step to right side, left step behind right
7&8 Rock right step to right side, replace to left, cross right over left

STEP PIVOT $\frac{3}{4}$ TURN RIGHT, TOUCH $\frac{1}{4}$ TURN RIGHT, STEP $\frac{1}{4}$ LEFT, TOUCH $\frac{1}{4}$ LEFT, STEP $\frac{1}{4}$ TURN LEFT, LEFT COASTER STEP

1-4 Step left to left side and rotate right $\frac{3}{4}$ pivot turn, step forward right (weight), pivot $\frac{1}{4}$ right turn on right and touch left to left side, turn $\frac{1}{4}$ left stepping on left
5-6 Left pivot $\frac{1}{4}$ turn on left and touch right to right side, left pivot $\frac{1}{4}$ turn on left taking weight on right
7&8 Step back left, step together right, step forward left

SKATE, SKATE, KICK BALL CHANGE(STEP), TURN $\frac{1}{4}$ RIGHT SKATE, SKATE, KICK BALL CHANGE

1-2 Right slide step forward at right angle, left slide step forward at left angle
3&4 Kick right forward, step right in place, step left slightly forward
You will move slightly forward vs (change) stepping in place
5-6 Pivoting right $\frac{1}{4}$ turn right slide step forward at right angle, left slide step forward at left angle
7&8 Kick right forward, step right in place, step left slightly forward
You will move slightly forward vs (change) stepping in place

WALK, WALK(OPTION: STEP FULL TURN), DIAGONAL SHUFFLE, CROSS ROCK, SIDE BALL TOUCH, BEHIND BALL TOUCH, SIDE STEP LEFT (SYNCOPATED BALL TOUCHES)

1-2 Walk forward right, walk forward left
Option: step forward right turning full right turn, step forward left
3&4 Right diagonal shuffle (step right, slide left, step right)
5& Cross step left over right, replace weight to right
6& Left ball touch to left side, replace weight to right
7& Left ball touch behind right, replace weight to right
8 Step left to left side

KICK BALL CHANGE, KICK BALL TOUCH BEHIND, HEEL BOUNCE $\frac{1}{2}$ TURN LEFT, RIGHT SCISSORS

1&2 Kick right forward, step right in place, step left slightly forward
3&4 Kick right forward, step right in place, touch left back
5&6 Heel bounces- with weight on balls of both feet move heels up & down while rotating $\frac{1}{2}$ turn left ending with weight on left
7&8 Step right foot to right side, step together with left, step right foot across front of left

STEP PIVOT TURN $\frac{1}{2}$ RIGHT, STEP, TRIPLE CROSSOVER STEP, STEP $\frac{1}{4}$ LEFT DRAG TOUCH, SHUFFLE FORWARD

1-2 Step left to left, pivot right $\frac{1}{2}$ turn stepping on right
3&4 Cross left over right, step right to right, cross left over right
5-6 Step right to right while turning left $\frac{1}{4}$ turn, drag-touch left next to right
7&8 Step forward left, slide right next to left, step forward left

KICK BALL CHANGE, KICK BALL TOUCH BEHIND, HEEL BOUNCE $\frac{1}{2}$ TURN LEFT, RIGHT SCISSORS

- 1&2 Kick right forward, step right in place, step left slightly forward
- 3&4 Kick right forward, step right in place, touch left back
- 5&6 Heel bounces- with weight on balls of both feet move heels up & down while rotating ½ turn left ending with weight on left
- 7&8 Step right foot to right side, step together with left, step right foot across front of left

STEP PIVOT TURN ½ RIGHT, STEP, TRIPLE CROSSOVER STEP, STEP ¼ LEFT DRAG TOUCH, SHUFFLE FORWARD

- 1-2 Step left to left, pivot right ½ turn stepping on right
- 3&4 Cross left over right, step right to right, cross left over right
- 5-6 Step right to right while turning left ¼ turn, drag-touch left next to right
- 7&8 Step forward left, slide right next to left, step forward left

REPEAT

Tags are used only when danced to Natalie Grant.

TAG

Danced at the end of wall 1

FORWARD RIGHT DIAGONAL STEP - SLIDE - TOUCH

- 1-4 Step right, slide left next to right, step right, slide left next to right
- 5-8 Step right, slide left next to right, step right, touch left next to right (weight)

FORWARD LEFT DIAGONAL STEP - SLIDE - HOLD

- 9-12 Step left, slide right next to left, step left, slide right next to left
- 13-16 Step left, slide right next to left, step left (weight), hold

TAG

Danced at the end of wall 2, and between counts 32 and 33 on wall 4

- 1-2 Step right in place, step left in place (weight)
- 3-4 Hold

TAG

Danced between counts 32 and 33 on wall 3

FORWARD RIGHT DIAGONAL STEP - SLIDES

- 1-4 Step right, slide left next to right, step right, slide left next to right
 - 5-8 Step right, slide left next to right, step right, slide left (weight) next to right
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