Because We Can Can Can!



拍數: 64 牆數: 4 級數: Intermediate

編舞者: David J. McDonagh (WLS) 音樂: Because We Can - Fatboy Slim



KICK OUT-OUT, 1/4 TURN, 2X KICK-BALL-POINTS

1&2 Kick right forward, step right to right side, step left to left side

3-4 On balls of both feet slowly turn 1/4 left

5&6 Kick right forward, step right together, point left to left side 7&8 Kick left forward, step left together, point right to right side

2X SAILOR STEPS, STEP 1/4 TURN, 2X STOMPS

1&2 Cross-step right behind left, step left to left side, step right in place 3&4 Cross-step left behind right, step right to right side, step left in place

5-6 Step right forward, ¼ turn left

7-8 Stomp right together, stomp left together

4X HEEL FANS, MASHED POTATOES (2X SINGLES, 2X DOUBLES)

\$1 Fan right heel to right, fan right heel together \$2-4 Repeat above counts (&1) 3 more times

Split both heels apart, swivel both heels in sliding back on right
Split both heels apart, swivel both heels in sliding back on left
Split both heels apart, swivel both heels in sliding back on right

&8 Split both heels apart, swivel both heels in

Easy option for Mashed Potatoes (5-8)

5-8 Walk back (right, left, right-hold)

MASHED POTATOES (2X SINGLES, 2X DOUBLES), 2X FORWARD-CLAP

&1 Split both heels apart, swivel both heels in sliding back on left
&2 Split both heels apart, swivel both heels in sliding back on right
&3 Split both heels apart, swivel both heels in sliding back on left

&4 Split both heels apart, swivel both heels in

Easy option for Mashed Potatoes (1-4)

1-4 Walk back (left, right, left-hold)

&5-6 Jump forward: right, left, clap

&7-8 Jump forward ¼ turn right: right, left, clap

SHUFFLE FORWARD, TOUCH (FORWARD / BACK), STEP-TURN, STEP-KICK

1&2 Step right forward, step left together, step right forward

3-4 Touch left forward, touch left back
5-6 Step left forward, pivot ½ turn right
7-8 Step left forward, kick right forward

2X (KICK (FRONT / SIDE), SAILOR STEP)

1-2 Kick right forward again, kick right to right side

3&4 Cross-step right behind left, step left to left side, step right in place

5-6 Kick left forward, kick left to left side

7&8 Cross-step left behind left with ¼ turn left, step right to right side, step left in place

MONTEREY TURN, STEP-TURN, STEP-KICK

1-2	Point right to right side, step right together with ½ turn right
3-4	Point left to left side, step left together
5-6	Step right forward, pivot ½ turn left
7-8	Step right forward, kick left forward

LOCK STEP TURN, ROCK STEP, OUT-OUT

1-4 Step left back, cross-step right over left, step left back,	step right ¼ turn right
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5-6 Step left forward, rock forward onto right

7&8 Rock weight back onto left, step right to right side, step left to left side

REPEAT