

I CAN DO IT



Chorégraphe : Bill BADER - Vancouver, BRITISH COLUMBIA - CANADA / Février 2004

LINE Dance : 64 temps - 2 murs

Niveau : débutant

Musique : (*teach*) - Baby you know where I am - Scooter LEE - BPM 154

I can do it - The RUBETTES - BPM 180

Traduit et préparé par Irène COUSIN, Professeur de Danse - 11 / 2006

Introduction : 16 temps , – après Yeah, I Can Do It" twice , commencer à danser sur le chant

4 HEEL STRUTS MOVING TO RIGHT SIDE

- 1.2 **HEEL STRUT D côté D** : TOUCH talon D côté D - DROP : abaisser pointe PD au sol
- 3.4 **CROSS HEEL STRUT G côté D** : CROSS talon G devant PD - DROP : abaisser pointe PG au sol
- 5.6 **HEEL STRUT D côté D** : TOUCH talon D côté D - DROP : abaisser pointe PD au sol
- 7.8 **CROSS HEEL STRUT G côté D** : CROSS talon G devant PD - DROP : abaisser pointe PG au sol

HIP BUMPS : RIGHT, HOLD, LEFT, HOLD, RIGHT, LEFT, RIGHT, HOLD

- 1.2 1 pas PD côté D.... BUMP HIPS à D ↗ - HOLD
- 3.4 BUMP HIPS à G ↙ - HOLD
- 5.6.7 BUMP HIPS à D ↗ - BUMP HIPS à G ↙ - BUMP HIPS à D ↗
- 8 HOLD

4 TOE STRUTS MOVING TO LEFT SIDE

- 1.2 **TOE STRUT G côté G** : TOUCH pointe PG côté G - DROP : abaisser talon G au sol
- 3.4 **CROSS TOE STRUT D côté G** : CROSS pointe PD devant PG - DROP : abaisser talon D au sol
- 5.6 **TOE STRUT G côté G** : TOUCH pointe PG côté G - DROP : abaisser talon G au sol
- 7.8 **CROSS TOE STRUT D côté G** : CROSS pointe PD devant PG - DROP : abaisser talon D au sol

HIP BUMPS : LEFT, HOLD, RIGHT, HOLD, LEFT, RIGHT, LEFT, HOLD

- 1.2 1 pas PG côté G.... BUMP HIPS à G ↖ - HOLD
- 3.4 BUMP HIPS à D ↘ - HOLD
- 5.6.7 BUMP HIPS à G ↖ - BUMP HIPS à D ↘ - BUMP HIPS à G ↖
- 8 HOLD

TURNING JAZZ BOX WITH TOE STRUTS : FORWARD, CROSS OVER, BACK, 1/4 TURN LEFT

- 1.2 TOUCH pointe PD côté D - DROP : abaisser talon D au sol
- 3.4 CROSS pointe PG par-dessus PD (PG à D du PD) - DROP : abaisser talon G au sol
- 5.6 TOUCH pointe PD arrière - DROP : abaisser talon D au sol
- 7.8 **1/4 de tour G**.... TOUCH pointe PG avant - DROP : abaisser talon G au sol

TURNING JAZZ BOX WITH TOE STRUTS : FORWARD, CROSS OVER, BACK, 1/4 TURN LEFT

- 1.2 TOUCH pointe PD avant - DROP : abaisser talon D au sol
- 3.4 CROSS pointe PG par-dessus PD (PG à D du PD) - DROP : abaisser talon G au sol
- 5.6 TOUCH pointe PD arrière - DROP : abaisser talon D au sol
- 7.8 **1/4 de tour G**.... TOUCH pointe PG avant - DROP : abaisser talon G au sol

4 X HEEL GRIND WALK FORWARD

- 1.2 TOUCH talon D avant , pointe " IN " ↖ - rotation pointe PD " OUT " ↗ abaisser pointe PD au sol
- 3.4 TOUCH talon G avant , pointe " IN " ↗ - rotation pointe PG " OUT " ↖ abaisser pointe PG au sol
- 5.6 TOUCH talon D avant , pointe " IN " ↖ - rotation pointe PD " OUT " ↗ abaisser pointe PD au sol
- 7.8 TOUCH talon G avant , pointe " IN " ↗ - rotation pointe PG " OUT " ↖ abaisser pointe PG au sol

4 SMALL STEPS BACK, 2 TOE STRUTS BACK

- 1 à 4 **4 petits arrière** : D. G. D. G.
- 5.6 **TOE STRUT D** arrière : TOUCH pointe PD arrière - DROP : abaisser talon D au sol
- 7.8 **TOE STRUT G** arrière : TOUCH pointe PG arrière - DROP : abaisser talon G au sol

I Can Do It

Choreographed by : **Bill BADER** Vancouver, BC, Canada billbader@hotmail.com www.billbader.com

Description : 2 Wall Line Dance, 64 Counts, Beginner level

Choreographed to : **"I Can Do It" by The Rubettes.** Intro: After "Yeah, I Can Do It" twice, 16 quick counts. 180 bpm.
Slower or for teaching: "Baby You Know Where I Am" by Scooter Lee Intro: 16 counts. 154 bpm. scooterlee.com

1-8 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

9-16 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
- 5-6-7-8 Bump hips right, left, right, Hold

17-24 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

25-32 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
- 5-6-7-8 Bump hips left, right, left, Hold

33-40 TURNING JAZZ BOX WITH TOE STRUTS: SIDE, CROSS OVER, BACK, 1/4 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 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)
- The following 8 count is an almost identical jazz box, but I find I want to step slightly forward to start this one.. Otherwise they are the same. If you want to dance both jazz boxes identically, no worries.

41-48 TURNING JAZZ BOX WITH TOE STRUTS: FORWARD, CROSS OVER, BACK, 1/4 TURN LEFT

- 1-2 Touch RIGHT toe slightly forward, 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)

49-56 HEEL GRIND WALK FORWARD (4x)

- 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 Rotate LEFT toe outward and Step down on LEFT (forward)
- 5-8 Repeat previous 4 counts (2 more Heel Grinds)

57-64 4 SMALL STEPS BACK, 2 TOE STRUTS BACK

- 1-2-3-4 Small Steps back on RIGHT, LEFT, RIGHT, LEFT
- 5-6 Touch RIGHT toe back, Step down on RIGHT (back)
- 7-8 Touch LEFT toe back, Step down on LEFT. [Option: Jump both feet back ending together, Hold]

End of pattern. Begin again toward 6:00 wall

http://www.billbader.com/billdances_p2.htm