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## I Can Cha

## **ABSOLUTE BEGINNER**

32 Count 4 Walls

Choreographed by: Susanne Oates Choreographed to: I Can Take It From There by Chris Young

Back Rock, Shuffle, Forward Rock, Shuffle 1 12 Rock back on right. Recover weight onto left. 3 & 4 Step right forward. Close left beside right. Step right forward. Rock forward on left. Recover onto right. 56 7 & 8 Step left back. Close right beside left. Step left back. Side Together(or full turn right), Triple, Side Together(or full turn left), Triple. 2 Step right to right side. Close left beside right.(or full turn right) 12 Step right, left, right in place. 3 & 4 Step left to left side. Close right beside left.(or full turn left) 56 7 & 8 Step left, right, left in place. 3 Rumba Shuffles. 12 Step right to right side. Step left beside right. Step right forward. Close left beside right. Step right forward. 3 & 4 Step left to left side. Step right beside left. 56 7 & 8 Step left back. Close right beside left. Step left back. 4 Walk, Walk, Triple, Dip, Turn 1/4 Left, Shuffle. 12 Step back on right. Step back on left. Step right beside left. Step left in place. Step right in place. 3 & 4 56 Bend knees. Turn 1/4 left on balls of feet, taking weight onto right. If possible kick left forward to ensurse weight remains on right. Step left back. Close right beside left. Step left back. 7 & 8

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