

# If I Can Do It, You Can Do It

**Count:** 32      **Wall:** 4      **Level:** Beginner

**Choreographer:** Nina Skyrud. NOR, [08 August 2017]

**Music:** Dance to The Rock 'N' Roll by The Kelly Family

**Start the dance just after the childs voice says “rock’n roll” the last time in the intro.**

**Fun dance! Linedance-promo-dance. Feel free to add your own attitude.**

## **[1-8] Basic Night Club right, Basic Night Club left**

1-2            Long step to the right with the right foot (1-2).  
3-4            Cross left foot slightly behind right foot (3), Cross right foot over left foot (4).  
5-6            Long step to the left with the left foot (5-6).  
7-8            Cross right foot slightly behind left foot (7), Cross left foot over right foot (8).

## **[9-16] Step with knee pops, ½ Turn with knee pops, Right knee out-in-out, Hitch**

1-2            Step right foot to the right side and, at the same time, pop both knees out (1). Pop knees in (2).  
3-4            Make a 1/2 turn to the right (3) stepping left foot to the left and pop knees out (3), Pop knees in (4). 06:00  
5-6-7-8        With weight on the left foot, Pop right knee out (5), in (6), out (7), Hitch right foot (8).

## **[17-24] Step, Swivel heel, toe, heel, Step, Hip bumps with shake.**

1-2-3-4        Step right foot out to the right (1). With weight on right foot swivel left heel (2) left toe (3), left heel (4) towards right foot  
5-6-7-8        Step left foot to the left side (5). Bump left hip three times and Shake (6), Shake (7), Shake (8).

## **[25-32] Step together, Step together, ¼ Turn, Step together, Step together**

1-2            Step right foot to the right side (1), Step left foot beside right (2).  
3-4            Step left foot to the left side (3), Step right foot beside left (4).  
5-6            Turn ¼ to the left stepping right foot to the right (5), Step left foot beside right (6). 03:00.  
7-8            Step left foot to the left side (7), Step right foot beside left (8).

## **Tag (16 counts) between the 8th and the 9th wall, facing the front wall**

1-8            Put your armes out beside the hips, Shake your fingers and at the same time raise your arms up to above the shoulders for 8 counts when he sings “Aaah, Aaah, Aaah”  
1-2-3-4        Keep your arms out, shake your fingers and lower your arms for 4 counts on the last “Aaah!”  
5-6-7-8        Shake your shoulders (and body if you like) for 4 counts when he sings Shake It! Shake It! Shake It!

**HAVE FUN!**

**Contact:** ninasky@online.no

**Last Update - 17th Aug 2017**