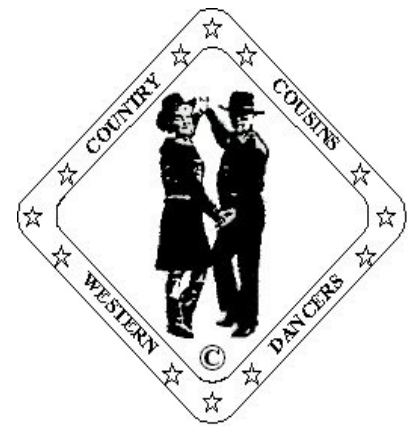


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I Can Take It

Partner Dance (64 Count)

Choreographed By Ann Williams. Country Cousins Western Dancers. 08/11

Music: "I Can Take It From There" By Chris Young. 112 bpm. CD "Neon"

" She Comes To Me" By James Otto. CD "Shake What God Gave Ya"

Beats/Step Description.

Start in Indian position man behind lady facing L.O.D. Same feet throughout.

- 1-2** ¼ Turn. Touch. ¼ Turn Shuffle. ¼ Turn. Touch. ¼ Turn Shuffle.
Step left forward ¼ turn left to face I.L.O.D. Touch right beside left.
Raise right hands, keep left low.
- 3&4** Turn ¼ right into right shuffle forward. **Back into Indian position.**
- 5-6** Step left forward ¼ turn left to face I.L.O.D. Touch right beside left.
Raise right hands, keep left low.
- 7&8** Turn ¼ right into right shuffle forward. **Back into Indian position.**
- 9-12** **Walk. Walk. (Lady ½ Turn) Triple Step. ¼ Turn. Together. (Lady ½ Turn) Triple Step.**
Man: Step forward on left, right. Triple in place on left, right, left.
Lady: Turn ½ turn right to face man stepping on left, right. Triple step in place on left, right, left.
Raise left hands over lady's head then lower and release. Finish offset right shoulder to right shoulder.
- 13-16** **Man:** Step right forward turning ¼ turn left. Step left beside right. Triple step in place on right, left, right.
Lady: Step right forward. Turn ¼ turn right stepping onto left. Triple step in place on right, left, right.
Raise right hands over man's head to face I.L.O.D. Lady now on man's left, rejoin left hands under right.
- 17-20** **Cross Rock. Recover. Triple Step. Cross Rock. Recover. Triple ¼ Turn.**
Step and cross rock left over right. Recover onto right. Triple step moving slightly to left on left, right, left.
- 21-24** Step and cross rock right over left. Recover onto left. Triple step on right, left, right turning ¼ turn to face partner.
Man turns left to face R.L.O.D. Lady turns right to face L.O.D. Hands are crossed in front, right on top.
Now slightly offset right shoulder to right shoulder.
- 25-28** ¼ Turn. Together. (Lady: Step. ¼ Turn) Triple Step. Cross Rock. Recover. Triple Step.
Man: Turn ¼ left stepping onto left. Step right beside left. Triple step in place on left, right, left.
Lady: Step forward on left. Turn ¼ right stepping onto right. Triple step in place on left, right, left.
Release left hands, raise right over man's head, rejoin left hands under right. Now facing O.L.O.D.
- 29-32** Step and cross rock right over left. Recover onto left. Triple step moving slightly to right on right, left, right.
- 33-36** **Cross Rock. Recover. Triple ¼ Turn. Step. Slide. Shuffle.**
Step and cross rock left over right. Recover onto right. Triple step ¼ turn left stepping on left, right, left.
Release left hands, rejoin after ¼ turn into Indian facing L.O.D.
- 37-40** Step right forward. Slide left up beside right. Right shuffle forward.
- 41-44** **Step. Slide. Shuffle. Walk. Walk. (Lady: ½ Turn. Step Back.) Shuffle.**
Step left forward. Slide right up beside left. Left shuffle forward.
- 45-48** **Man:** Walk forward stepping on right, left. Right shuffle forward.
Lady: Turn ½ turn left stepping back on right. Step left back. Right shuffle backwards. **Now facing R.L.O.D.**
Raise right hands over lady's head, keep left low, lady moves to man's left side, left shoulder to left shoulder.
Keep right hands raised.
- 49-52** **Step. Pivot. (Lady: Rock. Recover) Shuffle. Walk. Walk. (Lady: Full Turn Left) Shuffle.**
Man: Step left forward. Pivot ½ turn right. Left shuffle forward. **Now facing R.L.O.D.**
Lady: Step and rock back on left. Recover onto right. Left shuffle forward.
Raise hands over man's head. Lower right hands, keep left raised.
- 53-56** **Man:** Walk forward stepping on right, left. Right shuffle forward.
Lady: Make a full turn left stepping on right, left. Right shuffle forward.
Keep right hands low and place on lady's right hip.
- 57-60** **Step. Pivot. Shuffle. Walk. Walk. Shuffle. (Lady: ¼ Turn. ¼ Turn. ½ Turn Shuffle)**
Step left forward. Pivot ½ turn right to face L.O.D. Left shuffle forward.
Now in Left Side by Side position.
- 61-64** **Man:** Walk forward stepping on right, left. Right shuffle forward.
Lady: Turn ¼ left stepping onto right. Turn ¼ left stepping onto left. Right shuffle making ½ turn left.
Release left hands, raise right for lady to turn under. Lady finishes in front of man,
Rejoin left hands in Indian Position facing L.O.D.

HAPPY DANCING

