

COUNTRY CAN-CAN

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Count: 32 **Wall:** 2 **Level:** beginner

Choreographer: Bonnie Rand & Ruthanne Diphillipo

Music: Wild And Free by The Rednex

STEP HOOK BACK, STEP HOOK FRONT -REPEAT.

- 1 Right step to right
- 2 Hook left foot behind right and slap with right hand
- 3 Left step to left
- 4 Hook right foot in front left and slap with left hand
- 5-8 Repeat 1-4

HEEL TOGETHERS, HEEL SWITCHES & CLAP

- 9 Right heel forward
- 10 Step right foot together with left
- 11 Left heel forward
- 12 Step left foot together with right
- 13 Right heel forward
- & Step right next to left
- 14 Left heel forward
- & Step left next to right
- 15 Right heel forward
- 16 Clap

HIP PUSHES

- 17 Step forward with right and push hip forward once
- 18 Push right hip forward again
- 19 Lean back on left and push into left hip once
- 20 Push into left hip again
- 21 Push right hip forward once
- 22 Push left hip back once

23 Push right hip forward

24 Push left hip back

KICK STEPS, KICK CROSS UNWIND CLAP OR FLIP

25 Right kick forward

26 Step down on right

27 Left kick forward

28 Step down on left

29 Kick right foot forward

30 Cross right over left

31 Unwind $\frac{1}{2}$ turn to left

32 Clap (Option: instead of clapping, lean forward and flip skirt)

REPEAT