

# Can You This

Count: 144

Wand: 2

Ebene: Phrased High Intermediate

Choreograf/in: Joey Warren (USA) - February 2014

Musik: Can You Do This - Aloe Blacc



## **A – Heel Grind, Coaster Step, Brush-Hitch, Out-Out, Knee Pops**

- 1 – 2 Grind R Heel fwd, Recover/Step weight back on L  
3-&-4 Step R back, Step L back beside R, Step R fwd  
5 – 6 Brush L fwd while hitching L knee up, Step back on L  
&7&8 Step R out to R, Step L out to L, Pop R knee in, Pop L knee in (taking weight over on R)

## **Step Touch x2, Step ¼ Turn, Pivot ½ Turn – Ball Step Fwd**

- 1234 Step L out to L, Touch R toe beside L, Step R out to R, Touch L toe beside R  
5 – 6 ¼ Turn L stepping L fwd, Step R fwd  
7-&-8 ½ Turn Pivot L taking weight on L, Ball step R beside L, Step L fwd

## **Step Point, Step Point, Jazz Box w/ Cross**

- 1234 Step R fwd, Touch L out to L, Step L fwd, Touch R out to R  
5678 Cross R over L, Step L back, Step R out to R, Cross L over R

## **Side Shuffle w/ Rock Recover, Step-Hold, Ball-Step, ¼ Turn Brush**

- 1-&-2 Step R out to R, Step L beside R, Step R out to R  
3 – 4 Rock L back behind R, Recover onto R  
5 – 6 Step L out to L, Hold on 6  
&-7-8 Ball step R beside L, Step L out to L, ¼ Turn L brushing R fwd

## **½ Turn Chug Steps w/ Point, Rock-Recover-Cross Sweep**

- 1234 Keeping L foot down do ½ Turn L stepping R out 3 times (take weight on 3), Hold (lift L foot up)  
5678 Rock L to L, Recover to R, Cross L over R starting R sweep from back to front, Finish Sweep

## **Rocking Chair (Fwd then Back), Step Touch, Walk-Walk**

- 1234 Rock R fwd, Recover back on L, Rock R back, Recover fwd on L  
5678 Step R fwd, Touch L beside R, Step L fwd, Step R fwd

## **B – Tap Step Fwd, Tap Step Fwd, Step Heel Swivel, Step Side Point**

- 1 – 2 Tap L toe fwd towards L diagonal, Step L fwd towards L diagonal  
3 – 4 Tap R toe fwd towards R diagonal, Step R fwd towards R diagonal  
5-6-& Step L out to L, Swivel both heels out to L, Swivel heels back to center  
7-&-8 Hold on 7, Step L beside R, Touch R toe out to R

## **Touch Fwd-Side-&-Side Together, Step Dip, Step Dip**

- 12&34 Touch R toe fwd, Touch R toe to R side, Step R beside L, Touch L toe to L, Touch L beside R  
5 – 6 Step L out to L as you dip down, Raise up and touch R beside L  
7 – 8 Step R out to R as you dip down, Raise up and touch L beside R

## **Tap Step Fwd, Tap Step Fwd, Step Heel Swivel, Step Side Point**

- 1 – 2 Tap L toe fwd towards L diagonal, Step L fwd towards L diagonal  
3 – 4 Tap R toe fwd towards R diagonal, Step R fwd towards R diagonal  
5-6-& Step L out to L, Swivel both heels out to L, Swivel heels back to center  
7-&-8 Hold on 7, Step L beside R, Touch R toe out to R

### **Touch Fwd-Side-&-Side Together, Step Dip, Step Dip**

- 12&34 Touch R toe fwd, Touch R toe to R side, Step R beside L, Touch L toe to L, Touch L beside R  
5 – 6 Step L out to L as you dip down, Raise up and touch R beside L  
7 – 8 Step R out to R as you dip down, Raise up and touch L beside R

### **½ Turn Weave w/ Brush, Side Weave w/ Cross**

- 1234 Step L out to L, Step R behind L, ¼ Turn L stepping L fwd, ¼ Turn L brushing R fwd/out  
5678 Step R out to R, Step L behind R, Step R out to R, Cross L over R

### **Jump Fwd, Out, Jump Fwd, Out, Bump Hips Up, Down, Up Down**

- 1234 Jump fwd on R (raising L up), Jump both out, Jump fwd on L (raising R up) Jump both out  
**\*Think hopscotch on the part above – Easy option Step R fwd, Touch L, Step L fwd, Step R out**  
5678 Bump Hips Up, Down, Up, Down (as you bump up swivel heels out, then back in on the down)

### **C-Step Kick-Hook x2, And Heel-And Heel-And Step Hook**

- &1&2 Step R out to R, Small kick fwd on L, Hook L across R, Small kick fwd on L  
&3&4 Step L out to L, Small kick fwd on R, Hook R across L, Small kick fwd on R  
&5&6 Step R out to R, Place L heel fwd, Step L out to L, Place R heel fwd (travel fwd slightly on these)  
&7&8 Step R out to R, Small kick fwd on L, Hook L across R, Small kick fwd on L

### **Step Kick-Hook x2, And Heel-And Heel-And Step Hook**

- &1&2 Step L out to L, Small kick fwd on R, Hook R across L, Small kick fwd on R  
&3&4 Step R out to R, Small kick fwd on L, Hook L across R, Small kick fwd on L  
&5&6 Step L out to L, Place R heel fwd, Step R out to R, Place L heel fwd (travel fwd slightly on these)  
&7&8 Step L out to L, Small kick fwd on R, Hook R across L, Small kick fwd on R

### **Out-Out Hold, In-In Hold, Kick Ball Step, Kick Ball Step**

- &1-2 Step R out to R, Step L out to L, Hold on count 2 (weight stays on L)  
&3-4 Step R in to L, Step L beside R, Hold on count 4 (weight on L)  
5-&-6 Kick R out to R, Small step fwd on ball of R, Step L fwd (with bent knee..think shorty George)  
7-&-8 Kick R out to R, Small step fwd on ball of R, Step L fwd (with bent knee..think shorty George)

### **Step Touch, ½ Step Touch, Kick Ball Step, Kick Ball Step**

- 1234 Step R fwd, Touch L toe behind R, ½ Turn L stepping L fwd, Touch R toe behind L  
5-&-6 Kick R fwd, Small step back on ball of R, Step L fwd  
7-&-8 Kick R fwd, Small step back on ball of R, Step L fwd

### **Step Lock Step Brush, Step Lock Step Brush**

- 1234 Step R fwd to R diagonal, Lock L behind R, Step R fwd to R diagonal, Brush L fwd  
5678 Step L fwd to L diagonal, Lock R behind L, Step L fwd to L diagonal, Brush R fwd

### **Side Behind Side Cross, Heel taps x4 with swivel to R**

- 1234 Step R to R side, Step L behind R, Step R to R side, Cross L over R  
5 – 6 Swivel L heel towards R as you tap R heel in towards L, Swivel L toe in as you tap R heel out  
7 – 8 Swivel L heel towards R as you tap R heel in towards L, Swivel L toe in as you tap R heel out

### **TAG (16 Counts.....happens after the first C and at the very end of dance.)**

#### **Step Pivot, Walk Walk**

- 1234 Step R fwd, Hold, ½ Turn pivot L transferring weight to L, Hold  
5678 Step R fwd, Hold, Step L fwd prep, Hold (don't pause these walks just make them slow)

### **Full Turn R, Out-Out – In-In x2**

1234            While traveling fwd....do a FULL turn R stepping R, L, R, L  
&5&6           Step R out to R, Step L out to L, Step R back to center, Step L beside R  
&7&8           Step R out to R, Step L out to L, Step R back to center, Step L beside R

**END OF DANCE!!!! ?**

**Sequence: A, B, C, Tag, A, B, C, First 32 of A (back wall), First 32 of C (@ back wall), C (start @ front wall), Tag**

**Contact: [tennesseefan85@yahoo.com](mailto:tennesseefan85@yahoo.com)**

**Last Update - 21st Feb 2014**

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