

# You Can Do This

**COPPER** **KNOB**  
BY STEPHEN

拍数: 30                      墙数: 3                      级数: Intermediate  
编舞者: Kristen Flood (AUS) & David Hoyn (AUS) - March 2018  
音乐: Lipstick - Dan + Shay : (Album: Obsessed - 3:30)



Start weight on L. Commence dance at 0:13 on the lyric 'Friday'.

## (1-8) SIDE ROCK, REPLACE, STEP, CROSS, HINGE, HEEL BOUNCE

1, 2 & 3, 4      Rock R to R side, replace L to L side, step R next to L, cross L over R, stepping R to R side making ½ hinge turn (6:00), step L to L side making  
5, 6, 7, 8      Bounce L heel x4 while L hand travels from shoulder to waist for the 4 beats

## (9-16) STEP, SWEEP, CROSS, SIDE, SWEEP, BEHIND QUARTER, ROCK REPLACE, TOGETHER PIVOT HALF

1, 2 & 3, 4 &      Step R fwd sweeping L to L side, step L across R, step R to R side, step L back, sweep R behind L taking weight, step L fwd making ¼ L (3:00)  
5, 6 & 7, 8      Rock R fwd, replace L back, step R next to L, step L fwd making ½ pivot R (9:00), step R fwd

## (17-24) WALK, WALK, DIAGONAL SHUFFLE, STEP ½ TURN SWEEP BEHIND, SIDE, CROSS

1, 2, 3 & 4      Travelling fwd Step L across R, travelling fwd step R across L, travelling diagonally fwd (10:30) step L across R, step R next to L, step L fwd  
5, 6 & 7, 8      Step R fwd at 9:00 wall, pivot ½ turn L sweeping L to L side (3:00), step L behind R & step R to R side, Cross L over R, replace R back

## (25-30) QUARTER TURN LEFT, WALK FWD R WALK FWD L. NIGHT CLUB BASIC R, NIGHT CLUB BASIC L.

& 1, 2, 3, 4 &      Step L fwd making ¼ turn L (12:00), walk fwd R, walk fwd L, Long step R to R side, rock L behind R, & Step fwd on R  
5, 6 &              Long step L to L side, Rock R behind L, & Step fwd on L

## RESTART DANCE (12:00)

Tag: At the end of walls 2, 5 & 8 add the following 2 counts:

1-2                  Step R to R side swaying hips R, replace L to L side swaying hips L

Restarts:-

Wall 3 – dance to count 8, then restart (6:00)

Wall 4 – dance to count 24&, then step L next to R to restart on R (3:00)

Wall 6 – dance to count 26 and restart dance (3:00)

Wall 7 – dance to count 16, then step L next to R to restart (6:00)

Enjoy

Last Update - 24th April 2018

Kristen Flood - Ph: 0424 844 523 -

E: [applejax86@hotmail.com](mailto:applejax86@hotmail.com)

W: [www.facebook.com/applejaxdancers](http://www.facebook.com/applejaxdancers)

David Hoyn

Ph +610432022864

E: [davidhoyn@me.com](mailto:davidhoyn@me.com)

