

Can You This

拍数: 144 墙数: 2 级数: Phrased High Intermediate
编舞者: Joey Warren (USA) - February 2014
音乐: 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

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