

Can You Do This

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Donna Manning (USA) - April 2014
音樂: Can You Do This - Neal McCoy



NO Tags Or Restarts

Sec. 1 (1-8) □Bump & Step ¼ Turn R

1&2, 3&4 Touch R toe fwd bumping R hip to R side, bump R hip back to L, Step down on R taking weight, Touch L toe fwd bumping L hip to L side, bump L hip back to R, Step down on L taking weight
5&6, 7&8 Repeat 1-4 as you are making ¼ turn to the R (3:00)

Sec. 2 (9-16) □Dip , Extend Hip, Dip, Extend Hip, Dip, Extend Hip, Dip, ¼ turn Extend Hip

1-2, 3-4 Step R to side dipping hip, as you take the weight to R push R hip out extending L leg, Step on L dipping hip to the L, as you take the weight to the L push L hip out extending R leg
5-6 Step R to side dipping hip, as you take weight to R push R hip out extending L leg
7-8 Step on L dipping hip to the L make ¼ turn R keeping weight on the L extending R fwd (6:00)

Sec. 3 (17-24) □Step, Touch, Step, Kick, Step, Touch, Head Turn

1,2,3,4 Step R fwd, Touch instep of L to back of R heel, Step back on L, Kick the R fwd
5,6 Step back on R, bending R knee as you touch L toe by R □(6:00)
7,8 Turn head over R shoulder, turn head back to center

Sec. 4 (25-32) □Step, Point, Step, Point, Step, Together, Push, Recover

1,2,3,4 ¼ turn R stepping L to L side, Point R across L, Step R to R side, Point L across R (9:00)
5,6 Step L to L side, Bring R to L (body angled to 10:30)
7,8 Push booty out to the back, Recover weight to L □(9:00)

HAVE FUN!

Please do not alter this step sheet in any way.

If you would like to use on your website please make sure it is in its original format and include all contact details on this script.

Video rights assigned to choreographer. dancindonna928@yahoo.com

All rights reserved.

Contact: www.dancinfree.com