

Can You This

Music: Can You Do This by Aloe Blacc
Choreographer: Joey Warren (Feb 2014)
Count: 144 Wall: 2
Level: Phrased High Intermediate
Website: <http://www.angieandco.fr/>



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.

PART A

1-8: 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,
&7&8, Step back on L Step R out to R, Step L out to L, Pop R knee in, Pop L knee in (taking weight over on R)

9-16: Step Touch x2, Step 1/4 Turn, Pivot 1/2 Turn – Ball Step Fwd.

1-4, Step L out to L, Touch R toe beside L, Step R out to R, Touch L toe beside R
5, 6, 1/4 Turn L stepping L fwd, Step R fwd
7&8, 1/2 Turn Pivot L taking weight on L, Ball step R beside L, Step L fwd

17-24: Step Point, Step Point, Jazz Box w/ Cross.

1-4, Step R fwd, Touch L out to L, Step L fwd, Touch R out to R
5-8, Cross R over L, Step L back, Step R out to R, Cross L over R

25-32: Side Shuffle w/ Rock Recover, Step-Hold, Ball-Step, 1/4 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, 1/4 Turn L brushing R fwd

33-40: 1/2 Turn Chug Steps w/ Point, Rock-Recover-Cross Sweep.

1-4, Keeping L foot down do 1/2 Turn L stepping R out 3 times (take weight on 3), Hold (lift L foot up)
5-8, Rock L to L, Recover to R, Cross L over R starting R sweep from back to front, Finish Sweep

41-48: Rocking Chair (Fwd then Back), Step Touch, Walk-Walk

1-4, Rock R fwd, Recover back on L, Rock R back, Recover fwd on L
5-8, Step R fwd, Touch L beside R, Step L fwd, Step R fwd

PART B

1-8: 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

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9-16: Touch Fwd-Side-&-Side Together, Step Dip, Step Dip

1, 2 Touch R toe fwd, Touch R toe to R side,
&3, 4, 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

17-24: 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

25-32: Touch Fwd-Side-&-Side Together, Step Dip, Step Dip

1, 2 Touch R toe fwd, Touch R toe to R side,
&3, 4, 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

33-40: 1/2 Turn Weave w/ Brush, Side Weave w/ Cross

1-4, Step L out to L, Step R behind L, 1/4 Turn L stepping L fwd, 1/4 Turn L brushing R
5-8, Step R out to R, Step L behind R, Step R out to R, Cross L over R
fwd/out

41-48: Jump Fwd, Out, Jump Fwd, Out, Bump Hips Up, Down, Up Down

1-4, Jump fwd on R (raising L up), Jump both out, Jump fwd on L (raising R up) Jump both out

Easy option Step R fwd, Touch L, Step L fwd, Step R out

5-8, Bump Hips Up, Down, Up, Down (as you bump up swivel heels out, then back in on the down)

PART C

1-8: 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
&7&8 Step R out to R, Small kick fwd on L, Hook L across R, Small kick fwd on L
on these)

9-16: 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
&7&8 Step L out to L, Small kick fwd on R, Hook R across L, Small kick fwd on R

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17-24: 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)

25-32: Step Touch, 1/2 Step Touch, Kick Ball Step, Kick Ball Step

1-4, Step R fwd, Touch L toe behind R, 1/2 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

33-40: 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

41-48: Side Behind Side Cross, Heel taps x4 with swivel to R

1-4, Step R to R side, Step L behind R, Step R to R side, Cross L over R

5-8, Swivel L heel towards R as you tap R heel in towards L, Swivel L toe in as you tap R heel out
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.)

1-8: Step Pivot, Walk Walk

1-4, Step R fwd, Hold, 1/2 Turn pivot L transferring weight to L, Hold

5-8, Step R fwd, Hold, Step L fwd prep, Hold (don't pause these walks just make them slow)

9-16: Full Turn R, Out-Out – In-In x2

1-4, 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!!!! ?