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| --- | --- |
| I Can Do This All Day |  |

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| . |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Improver | . |
| **Choreographer:** | Rob Holley (USA) - August 2016 |
| **Music:** | All Day - LOCASH : (CD: The Fighters - iTunes) |
| . |

**Intro: 16 (start on vocals)**

**[1-8] HEEL PUMP FORWARD X2, COASTER, REPEAT**

|  |  |
| --- | --- |
| 1-2 | Pump R heel forward, pump R heel forward |

|  |  |
| --- | --- |
| 3&4 | Step R back, step L back, step R forward |

|  |  |
| --- | --- |
| 5-6 | Pump L heel forward, pump L heel forward |

|  |  |
| --- | --- |
| 7&8 | Step L back, step R back, step L forward |

**[9-16] HIP BUMPS RIGHT, HIP BUMPS LEFT, 1/8 TURN HIP ROLLS X2**

|  |  |
| --- | --- |
| 1&2 | Step R slightly forward & bump R hip, bump L hip back, bump R hip forward |

|  |  |
| --- | --- |
| 3&4 | Step L slightly forward & bump L hip, bump R hip back, bump L hip forward |

|  |  |
| --- | --- |
| 5-8 | Step R forward and hip roll CCW making 1/8 turn taking weight on L, repeat for (7-8) (9:00) |

**[17-24] SYNCOPATED WEAVE LEFT, HEEL JACK, SYNCOPATED WEAVE RIGHT, HEEL JACK**

|  |  |
| --- | --- |
| 1&2& | Cross R over L (1), step L to L side (&), step R behind L (2), step L to L side (&) |

|  |  |
| --- | --- |
| 3&4& | Cross R over L (3), step L to L side (&), touch R heel forward (4), step R next to L (&) |

|  |  |
| --- | --- |
| 5&6& | Cross L over R (5), step R to R side (&), step L behind R (6), step R to R side (&) |

|  |  |
| --- | --- |
| 7&8& | Cross L over R (7), step R to R side (&), touch L heel forward (8), step L next to R (&) |

**[25-28] CROSS STEP, HOLD, HEEL JACK, HOLD**

|  |  |
| --- | --- |
| 1-2 | Cross R over L, hold |

|  |  |
| --- | --- |
| &3-4 | Step L to L side, touch R heel forward, hold |

**[29-32] CROSS STEP, HEEL JACK, CROSS STEP, HEEL JACK**

|  |  |
| --- | --- |
| &5 | Step R next to L, cross L over R |

|  |  |
| --- | --- |
| &6 | Step R to R side, touch L heel forward |

|  |  |
| --- | --- |
| &7 | Step L next to R, cross R over L |

|  |  |
| --- | --- |
| &8 | Step L to L side, touch R heel forward |

**\*TAG: After finishing wall 2, facing 6:00**

**[1-4] HEEL PUMP FORWARD X2, TOE TOUCH BACK X2**

**\*Restart dance from beginning\***

**Contact: holleyrp1966@gmail.com**