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| Can You This |  |

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| . | | | | | | |
| **Count:** | 144 | **Wall:** | 2 | **Level:** | Phrased High Intermediate | . |
| **Choreographer:** | Joey Warren (USA) - February 2014 | | | | |
| **Music:** | Can You Do This - Aloe Blacc | | | | |
| . | | | | | | |

**A – Heel Grind, Coaster Step, Brush-Hitch, Out-Out, Knee Pops**

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| 1 – 2 | Grind R Heel fwd, Recover/Step weight back on L |

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| 3-&-4 | Step R back, Step L back beside R, Step R fwd |

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| 5 – 6 | Brush L fwd while hitching L knee up, Step back on L |

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| &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**

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| --- | --- |
| 1234 | Step L out to L, Touch R toe beside L, Step R out to R, Touch L toe beside R |

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| 5 – 6 | ¼ Turn L stepping L fwd, Step R fwd |

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| 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**

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| 1234 | Step R fwd, Touch L out to L, Step L fwd, Touch R out to R |

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| 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**

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| --- | --- |
| 1-&-2 | Step R out to R, Step L beside R, Step R out to R |

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| 3 – 4 | Rock L back behind R, Recover onto R |

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| --- | --- |
| 5 – 6 | Step L out to L, Hold on 6 |

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| --- | --- |
| &-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**

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| --- | --- |
| 1234 | Keeping L foot down do ½ Turn L stepping R out 3 times (take weight on 3), Hold (lift L foot up) |

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| 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**

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| --- | --- |
| 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 |

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| --- | --- |
| 3 – 4 | Tap R toe fwd towards R diagonal, Step R fwd towards R diagonal |

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| --- | --- |
| 5-6-& | Step L out to L, Swivel both heels out to L, Swivel heels back to center |

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| 7-&-8 | Hold on 7, Step L beside R, Touch R toe out to R |

**Touch Fwd-Side-&-Side Together, Step Dip, Step Dip**

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| --- | --- |
| 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 |

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| --- | --- |
| 5 – 6 | Step L out to L as you dip down, Raise up and touch R beside L |

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| --- | --- |
| 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 |

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| --- | --- |
| 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**

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| --- | --- |
| 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**

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| --- | --- |
| 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**

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| --- | --- |
| &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**

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| --- | --- |
| &1-2 | Step R out to R, Step L out to L, Hold on count 2 (weight stays on L) |

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| --- | --- |
| &3-4 | Step R in to L, Step L beside R, Hold on count 4 (weight on L) |

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| --- | --- |
| 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**

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| --- | --- |
| 1234 | Step R to R side, Step L behind R, Step R to R side, Cross L over R |

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| --- | --- |
| 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 |

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| --- | --- |
| 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**

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| 1234 | Step R fwd, Hold, ½ Turn pivot L transferring weight to L, Hold |

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| --- | --- |
| 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**

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| 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**

**Contact: tennesseefan85@yahoo.com**

**Last Update - 21st Feb 2014**