

# Can You This

**Count:** 144    **Wall:** 2    **Level:** Phrased High Intermediate

**Choreographer:** Joey Warren (Feb 2014)

**Music:** Can You Do This by Aloe Blacc

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## **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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**Last Update - 21st Feb 2014**