

# You Can Do This

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**Count:** 30

**Wall:** 3

**Level:** Intermediate

**Choreographer:** Kristen Flood & David Hoyn, Sydney/Wollongong – Nuline - March 2018 –

Version 2

**Music:** Dan + Shay - Lipstick. Album: Obsessed – 3min 30sec – 146 bpm

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**Start weight on L. Commence dance at 0:13 on the lyric 'Friday'.**

**(1-8) SIDE ROCK, REPLACE, STEP, CROSS, HINGE, HEEL BOUNCE**

1, 2 & 3, 4                      Rock R to R side, replace L to L side, step R next to L, cross L over R, stepping R to R side making  
½ hinge turn (6:00), step L to L side making  
5, 6, 7, 8                      Bounce L heel x4 while L hand travels from shoulder to waist for the 4 beats

**(9-16) STEP, SWEEP, CROSS, SIDE, SWEEP, BEHIND QUARTER, ROCK REPLACE, TOGETHER PIVOT HALF**

1, 2 & 3, 4 &                      Step R fwd sweeping L to L side, step L across R, step R to R side, step L back, sweep R behind L  
taking weight, step L fwd making ¼ L (3:00)  
5, 6 & 7, 8                      Rock R fwd, replace L back, step R next to L, step L fwd making ½ pivot R (9:00), step R fwd

**(17-24) WALK, WALK, DIAGONAL SHUFFLE, STEP ½ TURN SWEEP BEHIND, SIDE, CROSS**

1, 2, 3 & 4                      Travelling fwd Step L across R, travelling fwd step R across L, travelling diagonally fwd (10:30)  
step L across R, step R next to L, step L fwd  
5, 6 & 7, 8                      Step R fwd at 9:00 wall, pivot ½ turn L sweeping L to L side (3:00), step L behind R & step R to R  
side, Cross L over R, replace R back

**(25-30) QUARTER TURN LEFT, WALK FWD R WALK FWD L. NIGHT CLUB BASIC R, NIGHT CLUB BASIC L.**

& 1, 2, 3, 4 &                      Step L fwd making ¼ turn L (12:00), walk fwd R, walk fwd L, Long step R to R side, rock L behind  
R, & Step fwd on R  
5, 6 &                      Long step L to L side, Rock R behind L, & Step fwd on L

**RESTART DANCE (12:00)**

**Tag: At the end of walls 2, 5 & 8 add the following 2 counts:**

1-2                      Step R to R side swaying hips R, replace L to L side swaying hips L

**Restarts:-**

**Wall 3 – dance to count 8, then restart (6:00)**

**Wall 4 – dance to count 24&, then step L next to R to restart on R (3:00)**

**Wall 6 – dance to count 26 and restart dance (3:00)**

**Wall 7 – dance to count 16, then step L next to R to restart (6:00)**

**Enjoy**

**Last Update - 24th April 2018**

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