



You Can Do This

Choreographer: Kristen Flood & David Hoyn, Sydney/Wollongong – March 2018 – Version 1
Song: Lipstick – 3min 30sec – 146BPM
Artist: Dan + Shay
Album: Obsessed
Description: 30 count, 3 wall, Improver Line Dance, 4 restarts, 3 tags anti-clockwise
YouTube: <https://youtu.be/KCwwGXuNwcY>

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 ¼ L (3:00), step L to L side making ¼ L (6:00)
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:
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 ☺

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