

# U Can

Choreographed by Maggie Gallagher ( June 2004)

Intermediate level 32count 4 wall with 8 count tag after wall 5.

Music :- “Can you feel It” by The Jacksons.

Intro 56 counts about 34 secs.

## **ROCKS, CROSS, STEP, KICK, STEP, CROSS, WEAVE**

- &1,2 Rock to right side, Rock to left side, Cross right over left
- 3 Step left to left side
- 4&5 Right low kick across left, Step right to right side, Cross left over right
- 6,7 Step right to right side, Cross left behind right
- &8 Step right to right side, Cross left over right

## **3/4 UNWIND RIGHT, STEP, HITCH BALL STEP, WALKS, KICK BALL HEEL**

- 1,2 Unwind 3/4 turn right ending with weight on right, Walk forward left
- 3&4 Hitch right forward, Step back onto ball of right, Step left in place
- 5,6 Walk forward right, Walk forward left
- 7&8 Kick right forward, Step onto ball of right, Left heel forward

## **PLACE, ROCKS, 1+1/2 TRIPLE TURN RIGHT, FORWARD MOVING SCISSORS**

- &1,2 Place left next to right, Rock forward onto right, Rock back onto left
- 3&4 Make 1/2 turn right stepping forward onto right, 1/2 turn right stepping back onto left, 1/2 turn right stepping forward onto right (*completing 1+1/2 turns*)
- 5&6 Step left to left side, Step right beside left, Cross left over right (*moving forward slightly*)
- 7&8 Step right to right side, Step left beside right, Cross right over left (*moving forward slightly*)

## **SIDE, HEEL, STEP, CROSS, SCUFF HITCH CROSS, STEPS BACK, HIP BUMPS**

- &1 Step left to left side, Heel forward right on right diagonal
- &2 Step right next to left, Cross left over right
- 3&4 Scuff right diagonally forward, Hitch right turning slightly to the left diagonal, Cross right over left
- 5,6 Step back on left pushing body backwards, Step back on right
- 7,8 Bump hips left, Bump hips left

## **8 COUNT TAG - AFTER WALL FIVE**

### **RIGHT JAZZ BOX, RIGHT JAZZ BOX**

- 1,2 Cross right over left, Step back on left
- 3,4 Step right to right side, Step left beside right
- 5,6 Cross right over left, Step back on left
- 7,8 Step right to right side, Step left beside right