

Because U Can

Phrased, 4 wall, intermediate level

Choreographer: Moo Möllerström & Dixie Lippe
(Sweden) July 2007

Choreographed to: Jolene by Dolly Parton (112 bpm)

16 count intro

Sequence: AA, BB, AA, B, AAA

PART A

STEP, SWEEP, CROSS-BACK-SIDE

1,2 Step forward right foot, sweep left forward

3&4 Step down onto left across right, step back on right, step left to left side

CROSS-ROCK, SHUFFLE BACK

5,6 Rock right across left; recover

7&8 step back right, close left to right, step back right

POINT, TURN ½ LEFT, MAMBO-CROSS

9,10 Point left toes back, turn ½ left changing weight onto left

11&12 Rock right to right, recover left, step across left with right foot

ROCK, TURN ¼ RIGHT, ROCK STEP

13,14 Rock left to left, recover onto right turning ¼ right

15,16 Rock forward left, recover on right

COASTER STEP, ½ STEP TURN LEFT, WALK, WALK

17& 18 Step back on left, close right to left, step forward on left

19,20 Step forward on right making a ½ turn left, step onto left

21,22 step forward right, step forward left

PART B

POINT, ½ TURN RIGHT, KICK-BALL-CROSS

1,2 Point right toe to side; close and turn ½ to right changing weight onto right

3-4 Kick left forward; close left to right; step right across left

SIDE ROCK, ¼ SAILOR TURN LEFT, WALK FORWARD, RIGHT SHUFFLE

5,6 Rock left to side; recover

7-8 Step left behind right; turn ¼ left stepping right to side; step left in place

9,10 Step forward on right; step forward on left

11-12 Step forward on right; close left to right; step forward on right

ROCK STEP, COASTER STEP, ½ STEP TURN LEFT, WALK FORWARD

13,14 Rock forward on left; recover

15-16 Step back on left; close right to left; step forward on left

17, 18 Step forward on right making a ½ turn left, take weight onto left

19, 20 Step forward on right; step forward on left

RIGHT AND LEFT TWINKLE, CROSS, SIDE, ¼ SAILOR TURN RIGHT

21-22 Step right across left turning slightly to the left diagonal; close left to right;
step forward and slightly to the right diagonal on right

23-24 Step left across right turning slightly to the right diagonal;
close right to left; step forward and slightly to the left diagonal on left

25, 26 Step right across left; step left to side

27-28 Step right behind left; turn ¼ right stepping left to side; step right in place

ROCK STEP, ½ SHUFFLE TURN, FULL TURN, ROCK STEP, ¾ MONTEREY

29-30 Rock forward on left; recover

31-32 Step back on left turning ¼ left; close right to left; turn ¼ left stepping forward on left

33, 34 Step forward on right turning ½ turn left; step back on left turning ½ left

35, 36 Rock forward on right; recover

37-38 Point right toe to side; close and turn ¾ to right changing weight onto right

39-40 Point left toe to side; close left to right
