



I CAN DO THIS ALL DAY

Choreographed by Rob Holley (8/16) - holleyrp1966@gmail.com

Description: 32 count, 4 wall, improver line dance

Music: **All Day** by Locash

Intro: 16 (start on vocals)

HEEL PUMP FORWARD X2, COASTER, REPEAT

1-2 Pump R heel forward, pump R heel forward

3&4 Step R back, step L back, step R forward

5-6 Pump L heel forward, pump L heel forward

7&8 Step L back, step R back, step L forward

HIP BUMPS RIGHT, HIP BUMPS LEFT, 1/8 TURN HIP ROLLS X2

1&2 Step R slightly forward & bump R hip, bump L hip back, bump R hip forward

3&4 Step L slightly forward & bump L hip, bump R hip back, bump L hip forward

5-8 Step R forward and hip roll CCW making 1/8 turn taking weight on L, repeat for (7-8) (9:00)

SYNCOPATED WEAVE LEFT, HEEL JACK, SYNCOPATED WEAVE RIGHT, HEEL JACK

1&2& Cross R over L (1), step L to L side (&), step R behind L (2), step L to L side (&)

3&4& Cross R over L (3), step L to L side (&), touch R heel forward (4), step R next to L (&)

5&6& Cross L over R (5), step R to R side (&), step L behind R (6), step R to R side (&)

7&8& Cross L over R (7), step R to R side (&), touch L heel forward (8), step L next to R (&)

CROSS STEP, HOLD, HEEL JACK, HOLD, CROSS STEP, HEEL JACK, CROSS STEP, HEEL JACK

1-2 Cross R over L, hold (cross step, hold)

&3-4 Step L to L side, touch R heel forward, hold (heel jack, hold)

&5 Step R next to L, cross L over R (cross step)

&6 Step R to R side, touch L heel forward (heel jack)

&7 Step L next to R, cross R over L (cross step)

&8 Step L to L side, touch R heel forward (heel jack)

REPEAT

***TAG: After Finishing Wall 2, Facing 6:00**

1-4 Heel pump forward x2, toe touch back x2

Restart dance from beginning