

Can't Stop Me Now

COPPER KNOB
BY SHEETS

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Mark Guichard (UK) & Shelly Guichard (UK) - April 2013

Music: Can't Stop Me Now - Rod Stewart : (Album: Time)



Start Dance 16 Counts After Rod Says Oh Yeah.

Section 1: Cross Rock Replace. Chasse 1/4 Right. Pivot 1/4 Right. Cross Shuffle

- 1-2 Cross rock Right Over Left. Replace Weight On Left.
- 3 & 4 Chasse Right To Right Side Making 1/4 Turn Right
- 5-6 Step Forward On Left. Pivot 1/4 Right
- 7 & 8 Cross Shuffle Left Over Right (6 o' clock)

Section 2: Side Rock Replace. Behind Side 1/4 Left. Step Forward. Tap Back. Right Lock Back.

- 1-2 Rock Out To Right Side. Replace weight To Left.
- 3 & 4 Cross Right Behind Left. Making 1/4 Turn Left Step Forward On Left. Step Forward On Right.
- 5-6 Step Forward On Left. Tap Right Toe Behind Left.
- 7 & 8 Right Lock Back. (3 o' clock)

Section 3: Triple (shuffle) 1/2 Turn Left. Pivot 1/2 Turn Left. Rock Forward Replace. Behind Side Cross

- 1 & 2 Make 1/2 Turn Over Left Shoulder Stepping LRL.
- 3-4 Step Forward On Right. Pivot 1/2 Turn Left
- 5-6 Rock Forward On Right. Replace Weight On Left.
- 7 & 8 Cross Right Behind Left. Small Step Left To Left Side. Cross Right Over Left. (3 o' clock)

Section 4: Side Rock Left Replace. Sailor 1/2 Cross. Side Rock Right Replace. Ball Side 1/4 Right.

- 1-2 Rock Out To Left side. Replace Weight To Right.
- 3 & 4 Left Sailor Making 1/2 Turn Over Left Shoulder. Cross Left Over Right.
- 5-6 Rock Right Foot Out To Right Side. Replace To Left
- & 7-8 Step Right Next To Left And Rock Out To Left Turning 1/4 Right. Weight On Right Foot. (12 o' clock)

Section 5: Full Turn Right. Left Shuffle. Syncopated Rock Steps.

- 1-2 Making 1/2 Turn Right Step Back On Left. Making Another 1/2 Turn Right. Stepping Forward On Right. (easy option walk frwd left right)
- 3 & 4 Step Forward On Left. Step Right Next To Left. Step Forward On Left.
- 5-6 Rock Forward On Right Recover On Left
- & 7-8 Step Right Beside Left. Rock Forward On Left Recover To Right. (12 o' clock)

Section 6: Left Lock Back. Step Back Hook. Step Point. Cross Unwind.

- 1 & 2 Step back Left. Cross Right Slightly In Front Of Left. Step Back Left
- 3-4 Step Back On Right. Hook Left In Front Of Right.
- 5-6 Step Forward On Left. Point Right To Right Side.
- 7-8 Cross Right Over Left. Unwind 1/2 Turn Over Left. Weight On Right Foot. (6 o' clock)

Section 7: Rock left Recover. Shuffle Forward. Step Turn Step. Hold

- 1-2 Rock Out To Left. recover To Right.
- 3 & 4 Step forward On Left. Step Right Next To Left. Step Forward On Left
- 5-6 Step Forward On Right. Pivot 1/2 Turn Over Left
- 7-8 Step Forward On Right & Hold For 1 Count. (12 o'clock)

Section 8: Rock & Coaster. Step 1/2 Turn. Walk Walk.

- 1-2 Rock Forward On Left Recover To Right.

3 & 4 Step Back On Left. Step Right Next To Left. And Step Forward On Left.
5-6 Step Forward On Right. Pivot 1/2 Turn Over Left.
7-8 Walk Forward On Right. Walk Forward On Left. (6 o' clock)

Tags: End Of Walls 1, 3 & 5

1-2-3-4 Cross Rock right Over Left, Replace weight To Left, Rock Right To right Side, Replace. *

End Of Wall 5 Do Tag Twice.

Restart: Wall 2 (48 Counts) After Cross Unwind.

Weight Must be On Left Foot Ready To Restart The Dance. (End Of Section 6)

Thank you: T & V For Your Support With The Dance.

Contact: markguichard@hotmail.com
