

Can't Stop Me

拍数: 32 墙数: 4 级数: Improver
编舞者: Brendan Simoens (USA) - February 2023
音乐: You Can't Stop Me (feat. Thomas Rhett) - Brett Eldredge



Intro: 16 counts, start on vocals
No Tags, 2 Restarts

[1 - 8] Heel & Cross, Side, Sailor Heel & Cross, $\frac{1}{4}$, $\frac{1}{4}$ Touch

1&2 Touch R heel to R diagonal (1), step R next to L (&), cross L over R (2)
3,4& Step R to R (3), cross L behind R (4), step R to R side (&)
5&6 Touch L heel to L diagonal (1), step L next to R (&), cross R over L (2)
7,8 $\frac{1}{4}$ L stepping L forward (7), $\frac{1}{4}$ L touching R next to L (8)

Opt: $\frac{1}{4}$ L hitching R smoothly into rock (8)

[9 - 16] Rock, Recover Ball Rock, Recover Ball Touch & Touch & Touch Heel Swivel

1,2& Rock R to R (1), recover onto L (2), step R next to L (&)
3,4& Rock L to L (3), recover onto R (4), step L next to R (&)
5&6& Touch R forward (5), step R next to L (&), touch L forward (6), step L next to R (&)
7&8 Touch R forward (7), swivel both heels R (&), swivel both heels back (8)

Restart occurs here on walls 4 & 8

[17 - 24] Kick, Hip Bumps, Diagonal Step Touch, Diagonal Shuffle Step

1,2& Kick R forward (1), step R back bumping hips down and back (2), Bump hips forward (&)
3&4& Bump hips up and back (3), Bump hips forward (&), Bump hips down and back (4), Bump hips forward shifting weight to L (&)

Alternate for counts 2-4: Freestyle hip shake for 3 counts

5,6 Step R to R diagonal (5), touch L next to R (6)
7&8 Step L to L diagonal (7), step R next to L (&), Step L to L diagonal (8)

[25 - 32] Jazzbox Shuffle $\frac{1}{2}$ Turn, $\frac{3}{4}$ Paddle, Step, Sailor

1,2 Cross R over L (1), $\frac{1}{4}$ R stepping L back (2)
3&4 Step R to R (3), step L next to R (&), $\frac{1}{4}$ R stepping R forward (4)
5,6 $\frac{1}{4}$ R touching L to L side (5), $\frac{1}{4}$ R touching L to L side (6)
7,8& $\frac{1}{4}$ R stepping L to L side (7), cross R behind L (8), step L to L side (&)

Have fun with this dance! It's super groovy and leaves room to add your own style to it!

For any questions feel free to e-mail me at brendan.simoens@gmail.com

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