

You Can't Handle Me!

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 1 級數: Intermediate/Advanced
編舞者: Sharon May (UK)
音樂: I'm Outta Love - Anastacia



Sequence: ABCD, AB, TAG1, ABCD, ABC, TAG2, ABCD, A, TAG3, A
Dance commences facing right wall

SECTION A

SCUFF, HITCH, ½ TURN, ¼ TURN, CROUCH, SNAKE ROLLS

- 1&2 Scuff right foot forward, hitch right knee up, place right foot down and back
- 3-4 Pivot ½ turn over right shoulder bouncing heels twice as you are traveling round
- 5-6 Lift right knee in front placing right hand on it when raised. Swing right knee round making ¼ turn over right shoulder
- 7 Place right foot down and go into a crouch position feet shoulder width apart, with knees bent and head facing floor
- 8 Raise head to look forward
- 9-10 Snake roll right, snake roll left (you should be starting to straighten up as these are carried out)

SECTION B

SNAKE ROLLS, ¼ TURN, ½ TURN, COASTER STEP

- 11&12 Snake roll right, snake roll right (you should be fully upright now)
- 13-14 Sway left making ¼ turn over left shoulder & transferring weight onto right foot, touch left foot back
- 15-16 Step forward left. Step forward right making ½ turn over left shoulder (weight on right)
- 17&18 Coaster step - left right left

¼ TURN, ½ TURN, BODY ROLL TWICE

- 19 Step right foot to right side making ¼ turn over right shoulder (weight on right)
- 20 Step left making ½ turn over right shoulder
- 21-22 Place right foot back, hold (clapping twice) - weight on right foot
- 23&24 Slide left foot back beside right - as foot is placed down make small jump to transfer weight onto left and touch right foot back. Transfer weight onto right
- 25&26 Repeat 23 & 24

WALK, ½ TURN, WALK, MAMBO ROCKS TWICE

- 27-28 Walk left, right
- 29-30 ½ turn over left shoulder as you step left foot forward. Walk right.
- 31-32 Rock right to right side, place right beside left (right arm is swung out to right side at shoulder level and back down at the same time as rocking movement)
- 33-34 Rock left to left side, place left beside right (left arm is swung out to left side at shoulder level and back down at same time as rocking movement)

HEEL DIGS, HOLD, SLIDING FOOT DRAG, PIVOT TURNS TWICE

- 35 Right heel dig (arms are out to respective sides raised to shoulder level)
- 36 Left heel dig (hands are moved in front of chest so that fingertips touch lightly)
- 37 Right heel dig (arms are raised directly above head)
- 38 Hold (arms are brought down by sides with a flourish of the hands)
- 39-42 Slide right foot diagonally to cross loosely in front of left foot. At the same time arms are moved from the sides to finish with fingertips touching in front of chest over 4 counts
- 43-46 Pivot 1/8 turn over left shoulder x 4 (½ a turn)

47-50 Pivot 1/8 turn over right shoulder x 4 (½ a turn)

STYLING

Robotic arm movements are done at the same time as the pivoting - keeping upper arm still swivel lower arms so that fingers are pointing to the ceiling, swivel lower arms back so that finger tips are touching in front of chest. Repeat 3 times - these finish at the end of the second ½ turn

SECTION C

RONDE RIGHT

51-54 Sweep left foot round slowly to front making ½ turn over right shoulder

SECTION D

GRAPEVINE, APPLEJACKS X 4, ¼ TURN, WALK BACK

55-58 Step right to right side, step left behind right, step right to right side, place left beside right

59-62 Applejacks - left right left right

63-66 Step back left while making ¼ turn over right shoulder, step backs right and left. Stomp right foot in place

TAG 1

SLOW ¾ RONDE

1-4 Sweep left foot round slowly making ¾ turn over right shoulder. Stomp right beside left

TAG 2

GIANT STEPS. SLIDES, BODY ROLLS, HEEL BOUNCES, SHIMMY, STOMP

1-4 Large step to right side - slide left beside right over 4 counts

5-8 Body roll over 4 counts

9-12 Large step to left side - slide right beside left over 4 counts

13-16 Body roll over 4 counts

17-20 Step right foot to right side feet shoulder width apart. Bounce heels up and down 3 times - at same time raise arms up and overhead to count of 3

21-24 Pivot ¼ turn over right shoulder (weight on left foot) feet shoulder width apart. Bounce heel up and down 3 times - at same time lower arms to count of 3

25-28 Shimmy with attitude to 3 counts. Stomp right beside left

TAG 3

SWAY, ¼ TURN, FOOT SLIDE, BACKWARD WALK, STOMP

1-4 Sway onto right foot making ¼ turn over right shoulder. Slide left foot beside right over 3 counts

5-8 Walk back left, right left, stomp right beside left
