

I Can't Stand It

COPPER KNOB
STEPPERS

拍數: 48 牆數: 4 級數: High Beginner
編舞者: Elaine Cook (CAN) - March 2015
音樂: Just the Kind of Man I Am - Mike Morgan and The Crawl : (Album: Mighty Fine Dancin)



Very quick intro. Song begins: "When I'm feelin". Start on the word: "feelin".

S1: R Lindy; L Lindy ¼ R

1&2,3-4 Shuffle to R side stepping R-L-R,, Rock L back, Replace R
5&6,7-8 Shuffle to L side stepping L-R-L, turn ¼ R and rock R back, Replace L (3:00)

S2: 2 Toe Struts; 2 Hip Rolls ¼ L

1 – 4 Right toe forward, drop right heel, left toe forward, drop left heel
5 – 8 Step R slightly forward. Roll hips 1/8 L shifting weight to L. Repeat. (12:00)

S3: Shuffle Fwd, Rock Step; Shuffle ½ L, Walk 2

1&2,3-4 Shuffle forward stepping R-L-R, Rock L forward, Replace R
5&6,7-8 Shuffle ½ over L shoulder stepping L-R-L, Walk forward R, L (6:00)

S4: Jazz Jumps Fwd & Back with Claps; 4 Hip Bumps

&1-2,&3-4 Jump forward R,L, Clap; Jump back R,L, Clap
5-8 Bump Hips R,L,R,L

(Restart happens here on Walls 3 & 6)

S5: 2 Kick-Ball-Changes; Jazz Box ¼ R

1&2,3&4 Kick R slightly forward, step on ball of R foot, Replace L beside R. Repeat.
5-8 Cross R over L, Step L back ¼ R, Step R to R side, step L next to R (9:00)

S6: Dip, Point, Dip, Point; Step Touches Forward

1-2 Bend knees with weight on R, Point L toe to L diagonal
3-4 Bend knees with weight on L, Point R toe to R diagonal
5-8 Step R forward, touch L next to R, Step L forward, touch R next to L

Restarts: 3rd and 6th Walls : dance first 32 counts, then Restart at beginning of dance

Optional Ending: To end at 12:00, on 8th wall after Dip & Point, Step R, Pivot ½ L

Contact: elainecook82@gmail.com Northern Lights Line Dancers, Cardiff, Ontario