

# Can't Stop Me

拍數: 32      牆數: 4      級數: Improver  
編舞者: Brendan Simoens (USA) - February 2023  
音樂: 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, ¼, ¼ 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      ¼ L stepping L forward (7), ¼ L touching R next to L (8)

Opt: ¼ 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 ½ Turn, ¾ Paddle, Step, Sailor

1,2      Cross R over L (1), ¼ R stepping L back (2)  
3&4      Step R to R (3), step L next to R (&), ¼ R stepping R forward (4)  
5,6      ¼ R touching L to L side (5), ¼ R touching L to L side (6)  
7,8&      ¼ 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](mailto:brendan.simoens@gmail.com)

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