

Can't Handle Me

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Esmeralda van de Pol (NL) - August 2010
音樂: Club Can't Handle Me (feat. David Guetta) - Flo Rida



Intro : 32 counts from the beginning beat

Stomp, Hold, Sailor Step, Cross, Full Turn R, Shuffle Fwd.

1-2 Stomp RF to the side, Hold
3&4 Cross Step LF behind RF, Step RF to the R Side, Step LF to the L Side
5-6 Cross RF behind LF, Full Turn R-weight on RF
7&8 Step LF fwd, Close RF next to LF, Step LF fwd

Walk 2x, Shuffle ½ Turn L, Coaster Step, Pivot ¼ Turn L

1-2 Step R fwd, Step L fwd
3&4 ¼ Turn L step R to the side, Close L next to R, ¼ Turn L step R back
5&6 Step L back, close R next to LF, Step L fwd
7-8 Step R fwd, make ¼ Turn L-weight on L

Heel Jack & Touch, Diagonal Shuffle Fwd, Fwd Rock-Recover, Step Back, Chasse L 1/8 turn L.

1&2& Cross step R over L, Step L to the L side, Touch R Heel Fwd, Close R next to L
3&4 Step diagonally fwd on LF, Close RF next to LF, Step diagonally Fwd on L
5-6& Rock fwd in R, Recover on L, Step R Back
7&8 Step L to the L side with 1/8 turn L, Close R next to L, Step L to the L side.

Weave ½ Turn R, Sailor Step, Behind, ¼ Turn L step Fwd, Step Fwd

1-2& Cross step R over L, ¼ Turn R step back on L, Step back on R
3-4 Step back on L, ¼ Turn R step R to the R side
5&6 Cross L behind R, Step R to the R side, Step L to the L side
7&8 Cross R behind L, ¼ Turn L stepping L fwd, Step R fwd

Out-Out, Hold & Step Fwd, Fwd Rock, Coaster Step

1-2 Step L to the L side, Step R to the R side
3&4 Hold, Close L next to R, Step R fwd
5-6 Fwd Rock on L, Recover on R
7&8 Step Back on L, Step R next to L, Step fwd on L

Full Turn L, Fwd Rock, Step Back & Drag, Hip Bumps & Side Touch

1-2 ½ Turn L step R back, ½ Turn L step L fwd
3-4 fwd rock on R, Recover on L
5-6 Step back on R, Drag L for R
7&8 L Hip Bump fwd, Step L next to R, Touch R to the R side

Cross Shuffle, ½ Turn R, Step Fwd, ½ Turn L, Shuffle ¼ Turn L

1&2 Cross R over L, Step L to the L side, Cross R over L
3-4 ¼ Turn R step back on L, ¼ Turn r step fwd on R
5-6 Step fwd on L, ½ Turn L step back on R
7&8 ¼ Turn L step L to the L side, Close R next to L, Step L to the L side

Jazz Box Cross, Touch, Mambo Step, Coaster Step

1-2 Cross R over L, Step L back
&3-4 Step R to the R side, Cross L over R, Touch R to the R side

5&6 Fwd Rock on R, Recover on L, Step R back
7&8 Step L back, Close R next to I, Step fwd on L

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