

Can't Handle Me

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 4 級數: Intermediate / Advanced
編舞者: Bill Macleod (CAN) - September 2010
音樂: Club Can't Handle Me (feat. David Guetta) - Flo Rida



96 Beat Intro

Walk Forward Out-Out Step Forward Hitch $\frac{3}{4}$ Turn Left Kick Ball Step

1-2 Walk forward on right, walk forward on left
&34 Jump right out to right side, left out to left side, step forward on right (12:00)
5-6 Hitch left knee up, $\frac{3}{4}$ turn left on ball of right (3:00)
Optional: touch left toe to left side, $\frac{3}{4}$ turn left on ball of right with left foot hook across right
7&8 Kick left forward, replace weight on ball of left, step right forward

Mambo Forward $\frac{1}{2}$ Turn Step Flick, Shuffle Forward Walk Forward $\frac{1}{4}$ Turn Left Flick

1&2 Mambo left forward, pivot $\frac{1}{2}$ turn right step right forward, flick left back (9:00)
3&4 Step forward on left, step right next to left, s tep forward on left
5-6 Walk forward right, walk forward left
7-8 $\frac{1}{4}$ turn left step right to right side, flicking left back slightly (6:00)

Roll Left Knee, Kick Ball Cross Hitch 1 $\frac{1}{2}$ Turn Right

1-2 Roll left knee to left (weight on left)
3&4 Kick right forward, step on ball of right beside left, cross left over right
5-7 Hitch right knee up 1 $\frac{1}{2}$ turn right on ball of left
8 Step right beside left (12:00)

Rock Recover & Step Forward Right Left, Rock Recover & Step Forward Left Right

1-2 Rock forward on left, recover on right
&34 Step on ball of left beside right, step right forward, step left forward
5-6 Rock forward on right, recover on left
&78 Step on ball of right beside left, step left forward, step right forward (12:00)

$\frac{1}{4}$ Turn Right Step Flick Side Shuffle Touch Behind Unwind $\frac{3}{4}$ Turn Left Cross Step Touch

1-2 Step left to left side with $\frac{1}{4}$ turn right, flicking right back slightly with hand clap (3:00)
3&4 Step right to right side, step left beside right, step right to right side (raising the roof)
5-6 Touch left toe behind right, unwind $\frac{3}{4}$ turn left (weight on left) (6:00)
7-8 Cross right over left, $\frac{1}{4}$ turn right touch left toe to left side (9:00)

Moving Forward Left Cross Samba, Right Cross Samba Full Left Ball Change Turn Step (On The Spot)

1&2 Cross left over right, rock right to right side, recover weight to left
3&4 Cross right over left, rock left to left side, recover weight on right
5& Turning $\frac{1}{4}$ left, step on ball of left, replace weight on ball of right
6& Turning $\frac{1}{4}$ left, step on ball of left, replace weight on ball of right
7& Turning $\frac{1}{4}$ left, step on ball of left, replace weight on ball of right
8 Turning $\frac{1}{4}$ left, step down on left (9:00)

Rock Forward $\frac{1}{4}$ Turn Right Step Cross Shuffle Step Side $\frac{1}{4}$, $\frac{1}{4}$, $\frac{1}{4}$ Turn Left Touch (Sliding Box Steps)

1&2 Rock forward on right, recover on left, $\frac{1}{4}$ turn right step right to right side (12:00)
3&4 Cross left over right step right to right side, cross left over right
5-6 Step right to right side, $\frac{1}{4}$ turn to left stepping left to left side
7-8 $\frac{1}{4}$ turn left stepping right to right side, $\frac{1}{4}$ turn left touch left toe beside right (3:00)

Step Step Side Rock Recover Step Rock Forward Rock Side Kick Ball Step

- 1-2 Step left to left side, step right beside left
- 3&4 Rock left to left side, recover on right step left beside right
- 5& Rock forward on right, recover on left
- 6& Rock right to right side, recover on left
- 7&8 Kick right forward, replace weight on ball of right, step left forward moving forward

Start Again And Enjoy!

ENDING: Kick right ball cross left over right, ½ turn to the right, pose with arms up

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