

**Can't Stop Me Now**

INTERMEDIATE

64 Count 2 Walls

Choreographed by: Mark

Guichard (DJ WOODY) &amp; Shelly Guichard

Choreographed to: Can't Stop Me Now by Rod Stewart

**Start Dance 16 Counts After Rod Says Oh Yeah.****Section 1 Cross Rock Replace. Chasse 1/4 Right. Pivot 1/4 Right. Cross Shuffle**

1 - 2 Cross rock Right Over Left. Replace Weight On Left.  
3 & 4 Chasse Right To Right Side Making 1/4 Turn Right  
5 - 6 Step Forward On Left. Pivot 1/4 Right  
7 & 8 Cross Shuffle Left Over Right (6 o' clock)

**Section 2 Side Rock Replace. Behind Side 1/4 Left. Step Forward. Tap Back. Right Lock Back.**

1 - 2 Rock Out To Right Side. Replace weight To Left.  
3 & 4 Cross Right Behind Left. Making 1/4 Turn Left Step Forward On Left. Step Forward On Right.  
5 - 6 Step Forward On Left. Tap Right Toe Behind Left.  
7 & 8 Right Lock Back. (3 o' clock)

**Section 3 Triple (shuffle) 1/2 Turn Left. Pivot 1/2 Turn Left. Rock Forward Replace. Behind Side Cross**

1 & 2 Make 1/2 Turn Over Left Shoulder Stepping LRL.  
3 - 4 Step Forward On Right. Pivot 1/2 Turn Left  
5 - 6 Rock Forward On Right. Replace Weight On Left.  
7 & 8 Cross Right Behind Left. Small Step Left To Left Side. Cross Right Over Left. (3 o' clock)

**Section 4 Side Rock Left Replace. Sailor 1/2 Cross. Side Rock Right Replace. Ball Side 1/4 Right.**

1 - 2 Rock Out To Left side. Replace Weight To Right.  
3 & 4 Left Sailor Making 1/2 Turn Over Left Shoulder. Cross Left Over Right.  
5 - 6 Rock Right Foot Out To Right Side. Replace To Left  
& 7 - 8 Step Right Next To Left And Rock Out To Left Turning 1/4 Right. Weight On Right Foot. (12 o' clock)

**Section 5 Full Turn Right. Left Shuffle. Syncopated Rock Steps.**

1 - 2 Making 1/2 Turn Right Step Back On Left. Making Another 1/2 Turn Right. Stepping Forward On Right.  
(easy option walk frwd left right)  
3 & 4 Step Forward On Left. Step Right Next To Left. Step Forward On Left.  
5 - 6 Rock Forward On Right Recover On Left  
& 7 - 8 Step Right Beside Left. Rock Forward On Left Recover To Right. (12 o' clock)

**Section 6 Left Lock Back. Step Back Hook. Step Point. Cross Unwind.**

1 & 2 Step back Left. Cross Right Slightly In Front Of Left. Step Back Left  
3 - 4 Step Back On Right. Hook Left In Front Of Right.  
5 - 6 Step Forward On Left. Point Right To Right Side.  
7 - 8 Cross Right Over Left. Unwind 1/2 Turn Over Left. Weight On Right Foot. (6 o' clock)

**Section 7 Rock left Recover. Shuffle Forward. Step Turn Step. Hold**

1 - 2 Rock Out To Left. recover To Right.  
3 & 4 Step forward On Left. Step Right Next To Left. Step Forward On Left  
5 - 6 Step Forward On Right. Pivot 1/2 Turn Over Left  
7 - 8 Step Forward On Right & Hold For 1 Count. (12 o'clock)

**Section 8 Rock & Coaster. Step 1/2 Turn. Walk Walk.**

1 - 2 Rock Forward On Left Recover To Right.  
3 & 4 Step Back On Left. Step Right Next To Left. And Step Forward On Left.  
5 - 6 Step Forward On Right. Pivot 1/2 Turn Over Left.  
7 - 8 Walk Forward On Right. Walk Forward On Left. (6 o' clock)

**Tags End Of Walls 1, 3 & 5**

1 - 2 - 3 - 4 Cross Rock right Over Left, Replace weight To Left, Rock Right To right Side, Replace. \* End Of Wall 5 Do Tag Twice.

**Restart Wall 2 (48 Counts) After Cross Unwind. Weight Must be On Left Foot Ready To Restart The Dance. (End Of Section 6)**

**Thank you T & V For Your Support With The Dance.**

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Linedancer, 166 Lord Street, Southport, United Kingdom, PR9 0QA  
Tel: +44 (0)1704 392300 Fax: +44 (0)871 900 5768 \*charged at 10p per minute