

I Can Not Anymore

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Silvia Schill (DE) - February 2021

Music: - Robert Counts

The dance begins with the vocals - 1 restart, 2 tag/restarts; (West Coast Swing)

S1: Rock forward, shuffle back, rock back, step-pivot ½ r-step

- 1-2** Step forward with right - weight back on LF
- 3&4** Step back with right - LF beside RF and step back with right
- 5-6** Step back with left - weight back on RF
- 7&8** Step forward with left - ½ turn right on both balls, weight at the end on right, and step forward with LF (6 o'clock).

S2: Walk 2, anchor step, back 2, shuffle back turning ½ l

- 1-2 2steps forward (r - l)**
- 3&4** Cross right behind left - step on the spot with left and small step back with right
- 5-6 2steps back (l - r)**
- 7&8¼ turn left and step left to left side - RF beside LF, ¼ turn left and step forward with left (12 o'clock)**

Restart: In the 2nd round - towards 3 o'clock - break off here, dance the tag and start again.

Restart: In the 6th round - towards 6 o'clock - break off here and start again from the beginning

S3: Step, ½ turn l/hook, shuffle forward, step, kick, coaster step

- 1-2** Step forward with right - ½ turn left around on right ball / LF lift in front of right shin (6 o'clock).
- 3&4** Step forward with left - RF beside LF and step forward with left
- 5-6** Step forward with right - kick LF forward
- 7&8** Step back with left - RF beside LF and small step forward with left

Restart: In the 4th round - towards 12 o'clock - break off here, dance the tag and start again from the beginning

S4: Rock forward, shuffle in place turning full r (coaster step), rock forward, sailor step turning $\frac{1}{4}$ l

1-2 Step forward with right - weight back on LF

3&4 3steps on the spot, doing a full turn right around (r - l - r)

5-6 Step forward with left - weight back on RF

7&8 Cross left behind right - turn $\frac{1}{4}$ turn left, RF beside LF and step forward with left (3 o'clock)

Repeat until the end

Tag - Step, pivot $\frac{1}{2}$ l 2x

1-2 Step forward with right - $\frac{1}{2}$ turn left on both balls of the feet, weight at the end left

3-4 Like 1-2

And don't forget to smile, because dancing is fun!

There is no guarantee for errors in the translation, content, spelling, etc.!

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