I Can't Stand It

**Count:** 48 **Wall:** 4 **Level:** High Beginner   
 **Choreographer:** Elaine Cook (March 2015) with feedback from Northern Lights Line Dancers   
 **Music:** Just the Kind of Man I Am - Mike Morgan. Album: Mighty Fine Dancin'

**Very quick intro. Song begins: “When I'm feelin”. Start on the word: “feelin”.**  
  
**S1: R Lindy; L Lindy ¼ R**  
1&2,3-4 Shuffle to R side stepping R-L-R,, Rock L back, Replace R  
5&6,7-8 Shuffle to L side stepping L-R-L, turn ¼ R and rock R back, Replace L (3:00)  
  
**S2: 2 Toe Struts; 2 Hip Rolls ¼ L**  
1 – 4 Right toe forward, drop right heel, left toe forward, drop left heel  
5 – 8 Step R slightly forward. Roll hips 1/8 L shifting weight to L. Repeat. (12:00)  
  
**S3: Shuffle Fwd, Rock Step; Shuffle ½ L, Walk 2**  
1&2,3-4 Shuffle forward stepping R-L-R, Rock L forward, Replace R  
5&6,7-8 Shuffle ½ over L shoulder stepping L-R-L, Walk forward R, L (6:00)  
  
**S4: Jazz Jumps Fwd & Back with Claps; 4 Hip Bumps**  
&1-2,&3-4 Jump forward R,L, Clap; Jump back R,L, Clap  
5-8 Bump Hips R,L,R,L  
**(Restart happens here on Walls 3 & 6)**  
  
**S5: 2 Kick-Ball-Changes; Jazz Box ¼ R**  
1&2,3&4 Kick R slightly forward, step on ball of R foot, Replace L beside R. Repeat.  
5-8 Cross R over L, Step L back ¼ R, Step R to R side, step L next to R (9:00)  
  
**S6: Dip, Point, Dip, Point; Step Touches Forward**  
1-2 Bend knees with weight on R, Point L toe to L diagonal  
3-4 Bend knees with weight on L, Point R toe to R diagonal  
5-8 Step R forward, touch L next to R, Step L forward, touch R next to L  
  
**Restarts: 3rd and 6th Walls : dance first 32 counts, then Restart at beginning of dance**  
  
**Optional Ending: To end at 12:00, on 8th wall after Dip & Point, Step R, Pivot ½ L**  
  
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