



No Can Do

CHOREOGRAPHY BY: RACHAEL McENANEY-WHITE (UK/USA)

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- Description:** 4 walls, 32 counts, improver level
- Music:** No Can Do - Restless Road (3.02 mins). [Itunes Link](#). [Spotify Link](#)
- Count In:** 16 counts from start of the track - dance begins on lyrics
- Notes:** 1 restart during the 3rd wall after 16 counts.
1 tag during the 7th wall after 16 counts.
A special thank you to Ami Walker and Jo Thompson for their input.
- Videos:** DEMO: www.vimeo.com/learnlinedance/NoCanDoDemo
TEACH (paid): www.vimeo.com/learnlinedance/NoCanDo
QUICK RECAP WITH RACHAEL: [\(free, click here\)](#)

Section	Footwork	End Facing
1 - 8	R CROSS. L SIDE. R BEHIND. L POINT, L CROSS POINT, L POINT, L CROSS, R KICK	
1 2 3 4	Cross R over L [1]. Step L to left side [2]. Cross R behind L [3]. Point L to left side [4]	12:00
5 6 7 8	Point L forward over R [5]. Point L to left side [6]. Cross L over R [7]. Kick R to right diagonal [8]	12:00
9 - 16	R BEHIND, L SIDE, R CROSS SHUFFLE, 3/4 TURN LEFT WALKING (L-R) L SHUFFLE	
123&4	Cross R behind L [1]. Step L to left side [2]. Cross R over L [3]. Step L to left side [&]. Cross R over L [4]	12:00
5 6	Make 1/4 turn left stepping L forward [5]. Make 1/4 turn L stepping R forward [6].	6:00
7 & 8	Make 1/4 turn left stepping L forward [7]. Step R next to L [&]. Step L forward [8]	3:00
<i>Restart</i>	3rd wall begins facing 6:00, restart the dance facing 9:00	
17 - 24	R FWD ROCK, R COASTER STEP, L FWD, 1/2 PIVOT R, L FWD, 1/2 PIVOT R.	
123&4	Rock R forward [1]. Recover weight L [2]. Step R back [3]. Step L next to R [&]. Step R forward [4]	3:00
5 6 7 8	Step L forward [5]. Pivot 1/2 turn right [6]. Step L forward [7]. Pivot 1/2 turn right [8]	3:00
25 - 32	L STOMP, R KICK-BALL-CHANGE, R STOMP, L KICK-BALL-CHANGE, L STOMP, SWEEP R	
12&34	Stomp L forward [1]. Kick R forward [2]. Step in place on ball of R [&]. Step L in place [3]. Stomp R forward [4]	3:00
5&678	Kick L forward [5]. Step in place on ball of L [&]. Step R in place [6]. Stomp L forward [7]. Sweep R [8]	3:00
TAG	7TH WALL BEGINS FACING 6:00 - DANCE UP TO COUNT 16 THEN ADD THE FOLLOWING 4 COUNTS:	
1234	Step R to right side as you raise R hand up as if 'chugging a drink' for 4 counts - then restart dance.	9:00

START AGAIN ☺ HAVE FUN