

# Can't Stop This Thing We Started

**COPPER** **KNOB**  
BY PETER O'SHEA

**Count:** 32

**Wall:** 4

**Level:** Beginner

**Choreographer:** Peter O'Shea (AUS) - November 2023

**Music:** Can't Stop This Thing We Started - Bryan Adams



**Start:** after short guitar intro + 32 counts of regular beat

## **SIDE STRUT ROCK BACK RECOVER TWICE**

1-2 step R toe to side, drop R heel  
3-4 step/rock L back, recover to R  
5-6 step L toe to side, drop L heel  
7-8 step/rock R back, recover to L

## **SIDE SHUFFLE ROCK BACK RECOVER, SIDE SHUFFLE ROCK BACK 1/4 TURN RECOVER**

9&10 shuffle to right side stepping R, L, R  
11-12 step/rock L back, recover to R  
13&14 shuffle to left side stepping L, R, L  
15-16 turning 1/4 right step/rock R back, recover to L

## **TOE STRUT x 2, ROCK FORWARD RECOVER, SHUFFLE BACK**

17-18 step R toe forward, drop R heel  
19-20 step L toe forward, drop L heel  
21-22 step/rock R forward, recover to L  
23&24 shuffle back stepping R, L, R

## **BACK STRUT x 2, BACK TOGETHER, SHUFFLE FORWARD**

25-26 step L toe back, drop L heel  
27-28 step R toe back, drop R heel  
29-30 step L back, step R together  
31&32 shuffle forward stepping L, R, L

## **REPEAT**

**Restart after 8 counts facing 12.00 during walls 5 and 9**

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