

# No Time To Stop

**Count:** 50

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Caroline James (AUS)

**Music:** Smack Dab in the Middle - George Jones



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- |       |   |
|-------|---|
| 1-2   | Rock forward on left  |
| 3&4   | Coaster step back on left   |
| 5-6   | Walk forward right & left   |
| 7-8   | Rock forward on right   |
|       |   |
| &9    | Push back ½ turn right, step onto right   |
| 10-11 | Cross left over, step right to side   |
| 12-13 | Cross right over step left to side  |
| 14    | Right heel grind ¼ turn right   |
|       |   |
| 15-17 | Walk forward left, right, left  |
| 18    | Kick right forward  |
| 19-22 | Walk back right, left, right, left  |
| 25    | Cross left over   |
|       |   |
| 26-30 | Right point, heel tap, arrow step, heel tap, step together  |
| 31-34 | Left heel tap, arrow step, heel tap, step together  |
| 35-38 | Syncopated steps out & in with arm moves & shimmy. (raise hands to ears or shrug, cross left to right shoulder, cross right to left shoulder, shimmy) |
| 39&40 | Right side shuffle  |
|       |   |
| 41-42 | Rock forward on left ¼ turn right   |
| 43&44 | Shuffle back on left  |
| 45-46 | Rock forward on right   |
| 47&48 | Shuffle forward on right  |
| 49-50 | Step forward on left, pivot ½ turn right  |

**REPEAT**

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