

# 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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