

# Stop & Start

Count: 56

Wall: 2

Level: Intermediate

Choreographer: Gary Steele (UK)

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



- 1&2 Kick forward on right, step back on ball of left-change  
3-4 Step forward on right, ½ pivot over left shoulder  
5&6 Shuffle forward on right  
7&8 Rock forward on left, recover, step back on left
- 1-2 Right toe dig behind left, unwind ½ pivot over right  
3&4 Step ¼ left into a chasse left  
5&6 Sailor right  
7&8 Sailor left
- 1&2 Kick forward on right, ball-step  
3&4 Kick forward on right, ball-step  
5-6 Step forward on right, ¼ pivot to the left  
7&8 Crossing left shuffle
- 1-2 Point left to left side, cross left over right  
3-4 Point right to right side, cross right over left  
5-6 Rock forward on left, recover  
7&8 Coaster left
- 1&2 Hip bumps right  
3&4 Hip bumps left  
5&6 Hip bumps right  
7&8 Hip bumps left
- 1-2 Rock forward on right, recover  
3&4 Shuffle back on right  
5&6 Point left, together, point right  
&7 Together, point left  
8 Clap hands
- 1&2 Sailor left  
3&4 Sailor right  
5-6 Left toe dig behind right, unwind ½ turn over left (weight still on right foot)  
7&8 Behind side-cross

**REPEAT**

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