

Can't Stop Us Now

Compte: 144

Mur: 2

Niveau: Phrased Intermediate

Chorégraphe: Heejin Kim (KOR) & Roosamekto Mamek (INA) - May 2022

Musique: Can't Stop Us Now - Pitbull & Zac Brown



Intro: 16 count

SEQUENCE : ABC, ABC, ABD, BB, ENDING

Part A (32 count)

[1-8] Kick Ball Step, Side Rock, Recover, Behind, Side, Cross Shuffle

1&2 RF Kick diagonal R, RF Step in place, LF Cross over (1:30)
3 4 RF Step R, LF Recover
5 6 RF Step behind, LF Step side and squared body to front (12:00)
7&8 RF Cross over, LF Step side, RF Cross over

[9-16] Kick Ball Step, Side Rock, Recover, Behind, Side, Cross Shuffle

1&2 LF Kick diagonal L, LF Step in place, RF Cross over (10:30)
3 4 LF Step L, RF Recover
5 6 LF Step behind, RF Step side and squared body to front (12:00)
7&8 LF Cross over, RF Step side, LF Cross over

[17-24] Lindy Step R&L

1&2 RF Step side - LF Step together, RF Step side (12:00)
3 4 LF Step back, RF Recover
5&6 LF Step side - RF Step together, LF Step side
7 8 RF Step back, LF Recover

[25-32] Charleston Step

1 4 RF Step forward - LF Touch heel forward, LF Step back, RF Touch back (12:00)
5 8 RF Step forward - LF Touch heel forward, LF Step back, RF Touch back

Part B (32 count)

[1-8] Dorothy Steps R&L, Jazzbox Cross

1 2& RF Step diagonal R, LF Step behind, RF Step diagonal R (12:00)
3 4& LF Step diagonal L, RF Step behind, LF Step diagonal L
5 8 RF Cross over, LF Step back, RF Step side, LF Cross over

[9-16] Diagonal Back Shuffle R & L, Sailor Step R&L

1&2 RF Step diagonal back R, LF Cross over, RF Step diagonal back R (12:00)
3&4 LF Step diagonal back L, RF Cross over, LF Step diagonal back L
5&6 RF Step behind, LF Step side, RF Step side
7&8 LF Step behind, RF Step side, LF Step side

[17-24] Cross Rock, Recover, Side Chasse R&L

1 2 RF Cross over, LF Recover
3&4 RF Step side - LF Step together, RF Step side
5 6 LF Cross over, RF Recover
7&8 LF Step side - RF Step together, LF Step side

[25-32] Cross Touch, Hold, Together R & L, Jazzbox

1 2& RF Touch cross over, Hold, RF Step together
3 4& LF Touch cross over, Hold, LF Step together

5 8 RF Cross over, LF Step back, RF Step side, LF Step forward slightly cross over (12:00)

Part C (48 count)

[1-8] Side Rock, Recover, Together R&L, Forward Rock, Recover, Pony Back R

1 2& RF Step R, LF Recover, RF Step together
3&4 LF Step L, RF Recover, LF Step together
5 6 RF Step forward, LF Recover
7&8 RF Step back and LF Hitch, LF Step down, RF Step back and LF Hitch

[9-16] Back Sweep R&L, Pony Back L, Sailor Step R&L

1 2 LF Step back and RF Sweep back, RF Step back and LF Sweep back
3&4 LF Step back and RF Hitch, RF Step down, LF Step back and RF Hitch
5&6 RF Step behind, LF Step side, RF Step side
7&8 LF Step behind, RF Step side, LF Step side

[17-24] Scuff, Out, Out, Knee in out, Kick Ball Step, Side Rock, Recover, Behind, Side

1&2 RF Scuff forward, RF Step out R, LF Step out L
3 4 RF Knee in, RF Knee out
5&6 RF Kick diagonal R, RF ball place, LF Cross over
7&8& RF Step side, LF Recover, RF Step behind, LF Step L

[25-32] Cross, 1/4 Turn L, Scuff and Hitch 3/4 Turn L, Weave, 1/2 Turn

1 2 RF Cross over, LF 1/4 Turn L Step forward (9;;00)
3&4& RF 1/4 Turn L Scuff (6:00), RF 1/8 Turn L hitch (4:30), RF 1/4 Turn L Scuff (1:30), RF 1/8 Turn L hitch (12:00)
5 6& RF Step side, LF Step behind, RF Step side
7 8 LF Cross over, LF 1/2 Turn R weight L (6:00)

[33-40] Kick and Touch R&L, Jazzbox 1/2 Turn R

1&2 RF Kick forward, RF Step place, LF Touch side
3&4 LF Kick forward, LF Step place, RF Touch side
5 6 RF Cross over, LF 1/4 Turn R Step back
7 8 RF 1/4 Turn R Step forward, LF Step forward (12:00)

[41-48] Kick and Touch R&L, Jazzbox Cross, 1/2 Turn R

1&2 RF Kick forward, RF Step place, LF Touch side
3&4 LF Kick forward, LF Step place, RF Touch side
5 6& RF Cross over, LF Step back, RF Step side
7 8 LF Cross over, LF 1/2 Turn R weight L (6:00)

Part D 32count

[1-8] Walking X3, Kick, Backward X3, Touch

1 2 RF Step forward, LF Step forward
3 4 RF Step forward, LF Kick forward
5 6 LF Step backward, RF Step backward
7 8 LF Step backward, RF Touch together

[9-16] Vine Step Touch R&L

1 2 RF Step side, LF Step behind
3 4 RF Step side, LF Touch together
5 6 LF Step side, RF Step behind
7 8 LF Step side, RF Touch together

[17-32] Repeat 16 Count

ENDING

[1-16] Slow Walk Make A Full Circle Turn R

1 4 RF step forward, Hold, LF 1/4 Turn R Step forward, Hold

5 8 RF 1/4 Turn R Step forward, Hold, LF 1/4 Turn R Step forward, Hold

1 4 RF 1/4 Turn R Step forward, Hold, LF Step forward, Hold

5 8 RF Step forward, Hold, Pose !

Have Fun & Be Funky !

For more info about step sheet & song, please contact:

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