

# 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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