

# I Can't Stop

拍数: 32      墙数: 1      级数: High Beginner  
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音乐: Stop - Nolan Sotillo



## #32-count intro

### Section 1: R & L dorothy steps, forward rock, recover, back, back/knee in

1 2 &      R dorothy step: R forward (1), L lock behind (2), R forward (&)  
3 4 &      L dorothy step: L forward (3), R lock behind (4), L forward (&)  
5 6      R forward-rock (5), recover back L (6)  
7 8      Step back R (7), step back L (8) with a slight hip push to the L with a small knee hitch as preparation for the sideways movement coming next

**OPTION: Instead of the dorothy steps, you can step forward R (1), slide L to R (2), forward L (3), slide R to L (4), and do 5-8 as written above.**

### Section 2: R & L vaudevilles: R side behind ball heel ball cross. Mirror that.

1 2 & 3      R side (1), L behind (2) , R ball (&), L heel (3)  
& 4      L ball (&), R cross over L (4)  
5 6 & 7      L side (5), R behind (6) , L ball (&), R heel (7)  
& 8      R ball (&), L cross over R (8)

**EASIER OPTION: R side (1), hold (2), L ball (&), R side (3), L touch next to R (4). Mirror that.**

**EASIEST OPTION: Grapevine right with touch, grapevine left with touch. (No syncopation.)**

### Section 3: R side-behind, quarter shuffle, pivot quarter, forward shuffle

1 2 3 & 4      R side (1), L behind (2), R shuffle (3 & 4) quarter to 3:00  
5 6 7 & 8      L forward (5), pivot-quarter (6) onto R (6:00), L shuffle forward (7 & 8)

### Section 4: RL sway-sway, quarter shuffle, pivot quarter, forward shuffle

1 2 3 & 4      Sway R (1), sway L (2), R shuffle quarter (3 & 4) to 9:00  
5 6 7 & 8      L forward (5), pivot-quarter (6) onto R (12:00), L shuffle forward (7 & 8)

**RESTART 1: Wall 3, after 8 counts.**

**RESTART 2: Wall 8, after 8 counts.**