

# No Stopping Your Heart

**COPPER KNOB**  
BY STEPHEN T. S.

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Sally Hung (TW) - November 2013  
音乐: There's No Stopping Your Heart - Marie Osmond



Sequence of dance: Restart on wall 4 after finishing S3 (9:00)  
Start to dance after 16 counts

## S1. SIDE, HOLD, BEHIND, SIDE, CROSS, ROCK, RECOVER, BEHIND, SIDE, CROSS

1,2,3&4      Step R to R side, hold, step L behind R, step R to R side, cross step L over R  
5,6,7&8      Rock R to diagonal R, recover onto L, step R behind L, step L to L side, cross R over L

## S2. ROCK, RECOVER, BEHIND, SIDE, CROSS, ROCK RECOVER FLICK (X2)

1,2,3&4      Rock L to diagonal L, recover onto R, step L behind R, step R to R side, cross L over R  
5&6,7&8      Rock fwd on ball of R, recover on L, hop fwd on R and flick L back, rock fwd on ball of L,  
recover on R, hop fwd on L and flick R back

## S3. WALK BACK R,L,R, POINT, WALK BACK L,R, L, POINT

1,2,3,4      Walk back R, L, R, touch L toes to L side  
5,6,7,8      Walk back L,R,L, touch R toes to R side

## S4. FWD SHUFFLE, FWD SHUFFLE, JAZZ BOX ¼ TURN R

1&2,3&4      Shuffle fwd on RLR, shuffle fwd on LRL  
5,6,7,8      Cross R over L, ¼ turn R step back on L, step R to R side, step L fw

Have Fun!!

Contact Sally Hung: [hung1125@gmail.com](mailto:hung1125@gmail.com)