

# No One Can Stop Us

**COPPER** **KNOB**  
BY STEPHEN

拍數: 128      牆數: 1      級數: Phrased Intermediate  
編舞者: Sofyan Anas (INA) - February 2019  
音樂: No One Can Stop Us (feat. Kallula) - Dipha Barus



Intro : 16 Counts - Start : On Lyric

SEQUENCE : A, B, A, B, TAG, C, B, B

## Part A : 64 Counts

### A.I. TOE STRUTS R OVER L, TOE STRUTS L TO SIDE, CROSS SUFFLE, BACK ROCK

1 - 2            Step on R Toe Across L (1), Lower R Heel (2).  
3 - 4.           Step on L Toe to side (3), Lower L Heel (4)  
5 & 6           Step Right over Left (5), Step Left side to Right (&), Step Right over Left (6)  
7 - 8           Step Left side to L (7), Step Right Back (8)

### A.II. TOE STRUTS L OVER R, TOE STRUTS R TO SIDE, CROSS SUFFLE, BACK ROCK

1 - 2            Step on L Toe Across L (1), Lower L Heel (2).  
3 - 4.           Step on R Toe to side (3), Lower R Heel (4)  
5 & 6           Step Left over Right (5), Step Right side to Left (&), Step Left over Right (6)  
7 - 8           Step Right side to R (7), step Left back (8)

### A.III. SAILOR STEP X 2, SAILOR TURN ¼ TO RIGHT, PIVOT TURN ½ TO RIGHT

1 & 2           Step Right behind to left (1), Step Left side to Left (&), Step Right side to Right (2)  
3 & 4           Step Left behind to Right (3), Step Right to Right (&), Step Left side to Left (4).  
5 & 6           Step Right behind to left (5), ¼ turn R Step R next to R (&) (03.00), Step Left side to L (6)  
7 - 8           Step Left fwd L (7), Turn ½ To Right (8), (09.00).

### A.IV. SAILOR STEP X 2, SAILOR TURN ¼ TO RIGHT, PIVOT TURN ½ TO RIGHT

1 & 2           Step Right behind to left (1), Step Left side to Left (&), Step Right side to Right (2)  
3 & 4           Step Left behind to Right (3), Step Right to Right (&), Step Left side to Left (4).  
5 & 6           Step Right behind to left (5), ¼ turn R Step R next to R (&) (12.00), Step Left side to L (6)  
7 - 8           Step Left fwd L (7), Turn ½ To Right (8), (06.00).

### A.V. STEP R-L OUT, STEP R-L IN ( V STEP ) , PIVOT TURN ½ TO RIGHT (X 2)

1 - 2           Step Right Out foward (1), Step Left Out foward (2)  
3 - 4           Step Right In backward (3), Step Left In backward Next to R (4).  
5 - 6           Step Right foward (5), ½ turn Right (6) (12.00).  
7 - 8           Step Right forward (7), ½ turn Right (8) (06.00)..

### A.VI. HIP BUMPS RIGHT, HIP BUMP LEFT, PADDLE FULL TURN LEFT

1 & 2           Step Right toe forward as you bump hips right (1), Bump hips left (&), Bump hips right (2)  
3 & 4           Step Left toe forward as you bump hips left (3), Bump hips right (&), Bump hips left (4)  
5&6&7&8       ¼ turn left on left foot, point right foot to the right (5), Step L Recover (&), ¼ turn left on left foot, point right foot to the right (6), Step L Recover (&) ¼ turn left on left foot, point right foot to the right (7), Step L Recovery (&), ¼ turn left on left foot, point right foot to the right (8).

### A.VII. TOE POINTS ON RIGHT AND LEFT (X2), TOE POINTS ON LEFT AND RIGHT (X2).

1 - 2           Step Point right toe forward Diagonal cross over left (1), Step Point right toe back (2)  
3 - 4           Step Point right toe forward Diagonal cross over left (3), Step Point right toe back (4)  
5 - 6           Step Point left toe forward Diagonal cross over right (5), Step Point left toe back (6)  
7 - 8           Step Point left toe forward Diagonal cross over right (7), Step Point left toe back (8)

### **A.VIII. PRIZZY WALK R-L, TOUCH SIDE,HITCH R-COASTER STEP FORWARD MAMBO**

- 1 - 2 Step Right forward (1), Step Left forward (2)
- 3 & 4 Touch R to side to R (3), Step R beside L (&), Hitch Foot Right (4)
- 5 & 6 Step Right Back (5), Step Left Back next to R (&), Step Right forward (6)
- 7 & 8 Step Left forward (7), Step Right Recovery on R (&), Step Left Back next to R (8)

#### **Part B : 32 Counts**

##### **B.I. SYNCOPATED (TOUCH SIDE R KNEE IN ,TOUCH SIDE L KNEE IN TOGETHER X2, LONG STEP**

- 1 & 2. Touch R to side knee in (1), Lower R heel (&), Touch L to side knee in (2)
- &3&4 Lower L heel (&), Touch R to side knee in (3), Lower R heel (&),Touch R to side knee in (4)
- &5&6 Lower R heel (&), Touch L to side knee in (5), Lower L heel (&),Touch R to side knee in (6)
- &7&8 Lower R heel (&), Touch L to side knee in (7), Lower L heel (&),Touch L to side knee in (8)

##### **B.II. BASIC JAZZ BOX L CROSS, SYNCOPATED BACK CROSS, LONG STEP LEFT**

- 1 - 2& Step L Over R (1), Step R Back (2), Step L next to R (&)
- 3 - 4 Step R over L (3), step L side next to R (4)
- 5&6. Step R behind R (5) , Step L next to R (&), step R over L (6)
- 7 8 Stepping L long Step L to side ( 7- 8 )

##### **B.III. SYNCOPATED (TOUCH SIDE R KNEE IN ,TOUCH SIDE L KNEE IN TOGETHER X2, SAILOR TURN R**

- 1 & 2. Touch R to side knee in (1), Lower R heel (&), Touch L to side knee in (2)
- &3&4 Lower L heel (&), Touch R to side knee in (3), Lower R heel (&),Touch R to side knee in (4)
- &5&6 Lower R heel (&), Touch L to side knee in (5), Lower L heel (&),Touch R to side knee in (6)
- 7 & 8 Step Right behind to left (5), ¼ turn R Step R next to R (&) (09.00), Step Left side to L (6)

##### **B.IV. SYNCOPATED (TOUCH SIDE R KNEE IN ,TOUCH SIDE L KNEE IN TOGETHER X2, SAILOR TURN R**

- 1 & 2. Touch R to side knee in (1), Lower R heel (&), Touch L to side knee in (2)
- &3&4 Lower L heel (&), Touch R to side knee in (3), Lower R heel (&),Touch R to side knee in (4)
- &5&6 Lower R heel (&), Touch L to side knee in (5), Lower L heel (&),Touch R to side knee in (6)
- 7 & 8 Step Right behind to left (5), ¼ turn R Step R next to R (&), Step Left side to L (6) (12.00)

□> TAG : Hold 4 Count

#### **Part C : 32 Counts**

##### **C.I. : BASIC L- R SYNCOPATED 1/2 TURN RIGHT X2, L BACK ROCK, R BACK ROCK**

- 1 & 2 Stepping Left long Step L to side (1), Rock R behind L (&), Recover on L (2)
- 3 - 4. Rolling Vine Turn ½ to Right (3), ½ Turn to Right (4)
- 5 & 6. Step Back Left Behind R (5), Recovery on R (&), Step Left next to R (6)
- 7 & 8 Step Back Right Behind L (5), Recovery on L (&), Step Right next to Left Touch (6)

##### **C.II. STEP R FORWARD, LONG STEP, STEP L FORWARD, SIDE L LONGSTEP**

- 1 - 2. Step Right forward (1), Step Right Back next to L (2)
- 3 - 4. Stepping Long Step R Forward (3), Step Left next to R (4)
- 5 - 6 Step Left forward (5), Step Left Back next to L (6)
- 7 - 8 Stepping Long Step to Left (7), Step Left side next to R (8)

##### **C.III.BASIC R- L SYNCOPATED 1/2 TURN LEFT X2, R BACK ROCK, L BACK ROCK STEP**

- 1 & 2 Stepping Right long Step R to side (1), Rock L behind R (&), Recover on R (2)
- 3 - 4. Rolling Vine Turn ½ to Left (3), ½ Turn to Left (4)
- 5 & 6. Step Back Right Behind L (5), Recovery on L (&), Step Right next to L (6)
- 7 & 8 Step Back Left Behind R (5), Recovery on R (&), Step Left next to Left Touch (6)

##### **C.IV. STEP L FORWARD, LONG STEP, STEP R FORWARD, SIDE R LONGSTEP**

- 1 - 2. Step Left forward (1), Step Left Back next to R (2)

- 3 - 4. Stepping Long Step L Forward (3), Step Right next to L (4)
- 5 - 6 Step Right forward (5), Step Right Back next to R (6)
- 7 - 8 Stepping Long Step to Right (7), Step Right side next to L (8)

**Enjoy Your Dance...**

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