

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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