

Nothing's Gonna Stop Us AB

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Heidi Cronjé (SA) - November 2019
音樂: Nothing's Gonna Stop Us Now - Starship : (4:26)



Intro: 32 counts (start on vocals)

Note: This dance will be great to introduce restarts to absolute beginners

SECTION 1: V-STEP (WITH STRUTS)

1-2 Touch R toe fwd R diagonal, Step R in place
3-4 Touch L toe side, Step L in place
5-6 Touch R toe back, Step R in place
7-8 Touch L toe next to R, Step L together

SECTION 2: FWD, TOUCH, SIDE, TOUCH, BACK, TOUCH, SIDE, TOUCH

1-2 Step R fwd, Touch L next to R
3-4 Step L side, Touch R next to L
*** Restart during walls 4 & 10
5-6 Step R back, Touch L next to R
7-8 Step L side, Touch R next to L

SECTION 3: R VINE, KICK, 1/4 L VINE, KICK

1-4 Step R side, Cross L behind R, Step R side, Kick L across R to R diagonal
5-6 Step L side, Cross R behind L, Turn 1/4 L and step L fwd, Kick R fwd

SECTION 4: JAZZ BOX, CROSS, L PADDLE TURNS X 2

1-4 Cross R over L, Step L back, Step R side, Cross L over R
5-6 Step R fwd, Turn 1/4 L and recover L
7-8 Step R fwd, Turn 1/4 L and recover L side

Start Again. Have fun and Enjoy!

Restart: During walls 4 (facing 09:00) & 10 (facing 12:00), after Section 2, Count 4

Ending: During wall 14 facing 09:00 (After S4)
Continue with 1/4 L Paddles to face the front

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Last Update – 4 Jan 2020