

No Stoppin' Us

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Helen Woods (USA) - April 2022
音樂: No Stoppin' Us (feat. K-Ci Hailey) - Charlie Wilson, Johnny Gill & Babyface :
(Album: No Stoppin' Us)



#16 count intro, support on left

SECTION 1: (STEP LOCK, STEP LOCK STEP) x 2 (12:00)

1-2 Step right forward, lock left behind right
3&4 Step right forward, lock left behind right, step right forward
5-6 Step left forward, lock right behind left
7&8 Step left forward, lock right behind left, step left forward

SECTION 2: ROCK FORWARD RECOVER, BACK TOGETHER FORWARD, STEP (TURN) HOOK, TRIPLE FORWARD (6:00)

1-2 Rock right forward, recover left
3&4 Step right back, step left beside right, step right forward
5-6 Step left forward then turn ½ right, hook right over left (6:00)
7&8 Step right forward, step left beside right (3rd position), step right forward

SECTION 3: (ROCK FORWARD RECOVER, TRIPLE HALF TURN) x 2 (6:00)

1-2 Rock left forward, recover right then turn ¼ left (3:00)
3&4 Step left to side, step right beside left then turn ¼ left, step left forward (12:00)
5-6 Rock right forward, recover left then turn ¼ right (3:00)
7&8 Step right to side, step left beside right then turn ¼ right, step right forward (6:00)

SECTION 4: ROCK ACROSS RECOVER, SIDE TRIPLE, ROCK ACROSS RECOVER, ROCK SIDE RECOVER (6:00)

1-2 Rock left across right, recover right
3&4 Step left to side, step right beside left, step left to side
5-6 Rock right across left, recover left
7-8 Rock right to side, recover left

REPEAT

TAG: Add the following sections after both 1st and 3rd rotations

SECTION 1: (SLOW SWAY) x 2, (SIDE TOUCH) x 2

1-4 Sway right over 2 counts, sway left over 2 counts
5-8 Step right to side, touch left beside right snapping fingers, step left to side, touch right beside left snapping fingers

SECTION 2: (SIDE TOUCH) x 2, (QUICK SWAY) x 4

1-4 Step right to side, touch left beside right snapping fingers, step left to side, touch right beside left snapping fingers
5-8 Step right to side swaying right, sway left, sway right, sway left