

No Stopping Us

拍數: 64 牆數: 4 級數: Phrased High Beginner
編舞者: John Severinsen (NZ) - October 2022
音樂: I'm Good (Blue) - David Guetta & Bebe Rexha



Intro: 32 Counts

Sequence: A, A, A, B, B, A, A, A, B, A, A

PART A (32 counts)

[1-8] Heel switches, Side switches. Jazz box cross.

1&2&3&4& R Heel Fwd, R Heel Together, L Heel Fwd, L Heel Together, Point R Right, R Together, Point L Left, L Together.

5, 6, 7, 8 Cross R Over L, Step Back on L, Step R to Right, Cross L Over R.

[9-16] Side rock, Recover, Cross shuffle. ¼ R, ¼ R, Cross shuffle.

1, 2, 3 & 4 Step R to Right, Recover on L, Cross R over L, Step L Left, Cross R over L.

5, 6, 7 & 8 ¼ Turn R stepping back on L [03:00], ¼ Turn R stepping R to Right [06:00], Cross L over R, Step R Right, Cross L over R.

[17-24] Step R, Hold, L Together, Step R, Touch. ¼ Left, ½ Left, Coaster step.

1, 2 & 3, 4 Step R to Right, Hold, Step L Beside R, Step R to Right, Touch L beside R.

5, 6, 7 & 8 ¼ Turn L Step L Fwd [03:00], ½ Turn L Step R Back [09:00], Step L Back, R Together, Step L Fwd.

[25-32] Kick ball change, Kick ball change. Rock, Recover, Touch, Double Clap.

1&2, 3&4 Kick R Fwd, Step R Next to L, Step L Next to R, Kick R Fwd, Step R Next to L, Step L Next to R.

5, 6, 7 & 8 Step R Fwd, Recover on L, Touch R Beside L, Clap, Clap.

PART B (32 counts)

[1-8] K-Step scuff

1, 2, 3, 4, Step R Fwd on Right Diagonal, Touch L beside R, Step L Back on Left Diagonal, Touch R beside L

5, 6, 7, 8 Step R Back on Right Diagonal, Touch L beside R, Step L Fwd on Left Diagonal, Scuff R Fwd.

[9-16] Step, Clap, Step, Clap, Step, Clap, Step, Clap.

1, 2, 3, 4, Step R Fwd bending knees (to dip down), Clap, Step L Fwd (back to normal height), Clap.

5, 6, 7, 8 Step R Fwd bending knees (to dip down), Clap, Step L Fwd (back to normal height), Clap.

[17-24] Slow ¼ Pivot. Slow ¼ Pivot.

1, 2, 3, 4, Step R Fwd, Hold, Pivot ¼ turn L, Hold [09:00].

5, 6, 7, 8 Step R Fwd, Hold, Pivot ¼ turn L, Hold [06:00].

(Optional styling – roll hips anticlockwise on pivots).

[25-32] Step, Step, Step, Together.

1, 2, 3, 4, Step R Fwd, Hold, Step L Fwd, Hold.

5, 6, 7, 8 Step R Fwd, Hold, Step L Together, Hold.

Styling: Shimmy shoulders on first 3 walks.

Ending

Dance first 12 counts.

On count 13 (after 1st cross shuffle) Turn ¼ Right Step L Back, Step R Right, Cross L over R.

