

No Stoppin' Me

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Wendy Moench Gray (USA) - February 2024
音樂: Can't Stop Me Now - Oh The Larceny : (iTunes etc)



Tags (see below)

Pattern

Front Wall (1), Tag 1, Back Wall (2), Tag 2
Front Wall (3), Tag 1, Back Wall (4), no tag
Front Wall (5), Tag 3*, <= dance this time gently
Front Wall (6), no tag, Back Wall (7)

*You'll know when the silent tag (3) is coming when the music background is also silent

#16 count intro

STEP R, ¼ TURN L TOUCH L TOGETHER, L LOCK STEP, R ROCK, RECOVER ¼ TURN SWEEP, R SAILOR

1 2 Step RF to R (1), Turn ¼ L Touch L toe next to RF and bend L knee (2) 9:00
3 & 4 Step LF fwd (3), Lock RF behind LF (&), Step LF fwd (4) 9:00
5 6 Rock RF fwd (5), Turn ¼ R while Recovering on LF sweeping R out to R side (6) 12:00
7 & 8 Cross RF behind LF (7), step LF to L (&), step RF to R (8) 12:00

*Styling on (1-2) R arm reach to R side (1), bend R elbow and scoop arm into waist (2)

*Styling on (6) – arms sweeping wide matching sweep of foot

TURN 1/8 R ROCK L, RECOVER POINT L TOE, TURN 3/8 L STEP, ½ TURN L, ½ TURN L, STEP R PIVOT ¼, CROSS, TURN 1/8 L SIDE, TURN 1/8 L CROSS LOW HITCH LF

1 2 Turn 1/8 R, Step LF to 1:30 (1), Recover RF and lift pointed L toe (2) 1:30
3 & 4 Turn 3/8 L, Step LF to 9:00 (3), ½ Turn L step RF back (&), ½ Turn L step LF fwd (4) 9:00
3 & 4 * Non-Turning Option: Turn 3/8 L, Step LF to 9:00 (3), Step RF fwd (&), Step LF fwd (4) 9:00
5 6 Step RF fwd (5), Pivot ¼ L step LF to L (6) 6:00
7 & 8 Cross RF over LF (7), Turn 1/8 L Large Step LF to L (&), Turn 1/8 L Cross RF over L bending right knee and hitch LF behind R ankle 3:00

*Styling on (8) lean slightly left, left arm diagonal down, right arm up diagonal

Wall 1, and 3 there is a "hard hit" in the music here.

STEP L, STEP R ¼ R HITCH TURN (Adv Option: POSE' TURN), CROSS L, SWAY, SIDE BALL CHANGE, STEP, PIVOT ½ TURN, ½ TURN LEFT STEPPING BACK

1 2 Step LF to L (1), Step RF fwd while hitching LF behind R ankle and turning ¼ to R. Keep L knee to L side. (2) 6:00
3 4 Step LF over RF (3), Step RF to R and sway, straightening both legs and bring L toe off floor (4) 6:00
5 & 6 Step LF to L (5), Step RF behind to LF (&), Step LF fwd (6) 6:00
7 & 8 Step RF fwd (7), pivot ½ L and step on LF (&), turn ½ L step back on RF (8) 6:00

* styling on (2) – straight arms with fists diagonal side.

* styling on (4) – reach right arm to right

* styling on (8) – push down and out

COASTER, ROCK, RECOVER, SIDE CROSS SIDE, STEP, TOUCH BACK

1 & 2 Step LF back (1), Step RF next to LF (&), Step LF fwd (2) 6:00

3 4 Rock RF diagonal fwd to 7:30 (3), Step and recover LF back while pointing R toe (4) 7:30
5 & 6 Turn 1/8 to L to square up, Step RF to R (5), Cross LF over RF (&), Step RF to R (6) 6:00
7 8 Step LF to L (7), Touch R Toe behind RF (8) 6:00

*** styling on (4) hands push away from corner**

*** styling on (7) arms cross in front of body**

*** styling on (8) arms down and out**

TAG 1 - SHUFFLE, PIVOT TURN, SHUFFLE, PIVOT TURN,

1 & 2 Step RF fwd (3), Step LF next to RF (&), Step RF fwd (4)
3 4 Step LF fwd (5), Pivot ½ to R and Step RF fwd (6)
5 & 6 Step LF fwd (7), Step RF next to LF (&), Step LF fwd (8)
7 8 Step RF fwd (1), Pivot ½ to L and Step LF fwd (2)

TAG 2 – PIVOT TURN x 2

1 2 Step RF fwd (1), Pivot ½ to L and Step LF fwd (2)
3 4 Step RF fwd (3), Pivot ½ to L and Step LF fwd (4)

*** styling – do this smoothly hands flexed, straight arms slightly away from sides**

TAG 3 – STEP, SLOW TURN 1/2

1 Step RF fwd (1) and bend knees slightly, bring finger to lips in “shh” sign
2 3 4 Slowly turn to face the front, ending with weight on left

ENDING after wall 7 count (8), raise right arm in fist to sky!

wxm3sax@gmail.com

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