

Can't Stop This Thing

64 count, 4 wall, intermediate level

Choreographer: Alan G Birchall (UK) Jan 2005

Choreographed to: Can't Stop This Thing We've
Started by Bryan Adams, The Best Of Me & So Far
So Good (114 bpm)

Start: On Lyrics Count: 32 From Start Of Beat Seconds: 24

KICK BALL CHANGE, SIDE SHUFFLE, ROCK, RECOVER, SIDE SHUFFLE

- 1&2 Kick Right Foot Forward, Step Right By Left, Cross Left Over Right
3&4 Step Right To Right, Step Left By Right, Step Right To Right
5-6 Rock Back On Left, Recover On Right
7&8 Step Left To Left, Step Right By Left, Step Left To Left

ROCK, RECOVER, STEP, ½ PIVOT, ½ SHUFFLE TURN, ROCK, RECOVER

- 9-10 Rock Back On Right Recover On Left
11-12 Step Forward On Right, ½ Pivot Left (6 '0' Clock)
13&14 Make ½ Triple Turn Left Stepping Right, Left, Right (12 '0' Clock)
15-16 Rock Back On Left, Recover On Right

FULL TURN, STEP, TAP, LOCK STEP, BACK STRUT

- 17-18 Make ½ Turn Right Stepping Back On Left, Make ½ Turn Right Stepping Forward On Right
(12 '0' Clock)
19-20 Step Forward On Left, Tap Right Behind Left
21&22 Step Back On Right, Lock Left Over Right, Step Back On Right
23-24 Touch Left Toe Back, Step Down On Left Heel

BACK STRUT, TOUCH, UNWIND, STEP, ½ PIVOT, CROSS, STEP

- 25-26 Touch Right Toe Back, Step Down On Right Heel
27-28 Touch Left Toe Back Unwind ½ Turn Left (6 '0' Clock)
29-30 Step Forward On Right, ½ Pivot Left (12 '0' Clock)
31-32 Cross Right Over Left, Step Left To Left

WEAVE, UNWIND, CROSS SHUFFLE, CROSS, ROCK, RECOVER

- 33-34 Cross Right Behind Left, Step Left To Left
35-36 Cross Right Over Left, Unwind ½ Turn Left (6 '0' Clock)
37&38 Cross Right Over Left, Step Left To Left, Cross Right Over Left
39-40 Rock Left To Left, Recover On Right

BEHIND, SIDE, IN FRONT, POINT, CROSS, SIDE SHUFFLE, BEHIND, POINT

- 41&42 Cross Left Behind Right, Step Right To Right, Cross Left Over Right
43-44 Point Right To Right, Cross Right Over Left
45&46 Step Left To Left, Step Right By Left, Step Left To Left
47-48 Cross Right Behind Left, Point Left To Left

SAILOR STEP, STEP 1/8TH X2, CROSS, ¼ TURN

- 49&50 Cross Left Behind Right, Step Right To Right, Step Left In Place
51-52 Step Forward On Right 1/8th Pivot Left
53-54 Step Forward On Right 1/8th Pivot Left (3 '0' Clock)
55-56 Cross Right Over Left, Make ¼ Turn Right Stepping Left To Left (6 '0' Clock)

½ SHUFFLE, STEP, ½ PIVOT, ¼ SHUFFLE, ROCK RECOVER

- 57&58 Make ½ Triple Turn Right Stepping Right To Right, Step Left By Right Step Forward On Right
(12 '0' Clock)
59-60 Step Forward On Left, ½ Pivot Right (6 '0' Clock)
61&62 Making ¼ Turn Right Step Left To Left, Step Right By Left Step Left To Left (9 '0' Clock)
63-64 Rock Back On Right, Recover On Left
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