

Can't Stop This



www.linedancerweb.com www.linedancefoundation.com www.crystalbootawards.com 112 Count 2 Wall Advanced Level Dance.

Choreographed by: Fred Whitehouse (IRE) & Shane McKeever (IRE) Sept 2025

Choreographed to: You Can't Stop This by Alex Warren

Intro: 16 Counts. Start at approx 5 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

Sequence: A, B, C, C, A (32 Counts), B, C, C, Tag, A, C, C, C

	Sequence: A, B, C, C, A (32 Counts), B, C, C, Tag, A, C, C, C				
Part A SEC 1	SLIDE BACK, DRAG, BALL STEP, OUT OUT, HOLD, HOLD, BALL CROSS				
1-2-3	Step R a big step back, drag L towards R over 2 counts				
Arms	brings hands up to the side of your head rolling fingers in from picky to thumb				
&4	Step L next to R, step R fwd				
5	Step L to L side				
Arms 6-7&8	5a look to L diagonal bringing L hand up to forehead, look to R diagonal bringing R hand up to forehead Hold, hold, step L next to R, cross R over L				
SEC 2	V-STEP, HEEL STRUT, HOLD, HOLD, BALL STEP				
1-2	Step L to L diagonal, step R to R diagonal				
3-4	Step L back to centre, step R next to L				
5a	Touch L heel fwd, step down on L				
Arms 6-7&8	reach both arms fwd with palms facing down, cross arms in front of chest with hands fisted Hold, hold, step R next to L, step L fwd				
SEC 3	SIDE, KICK, BALL SIDE, ¼ HITCH, ¼ FWD, ¼ BACK, ¼ CHASSE				
1	Step R to R side				
2&3-4 5-6	Kick L to L diagonal, step L next to R, step R to R side, turn ¼ L hitching L knee (9:00) Turn ¼ L stepping fwd on L, turn ¼ L stepping back on R (3:00)				
7&8	Turn ¼ L stepping L to L side, step R next to L, step L to L side (12:00)				
SEC 4	CROSS POINT, SIDE, BEHIND POINT, ¼ FWD, STEP ½, ¼ SIDE, TOGETHER				
1-2	Cross point R over L, step R to R side				
3-4	Point L behind R, turn ¼ L stepping L fwd (9:00)				
5-6	Step R fwd, turn ½ L stepping down on L (3:00)				
7-8	Turn ¼ L stepping R to R side, step L next to R (12:00)				
Restart	Go into Part B here the 2nd time you do Part A				
SEC 5	SIDE ROCK BEHIND, SIDE ROCK BEHIND, COASTER STEP, SKATE SKATE				
1-2	Press R to R side, recover on L and quickly cross R behind L				
3-4	Press L to L side, recover on R and quickly step back on L				
5&6	Step back on R, step L next to R, step fwd on R				

Skate L to L diagonal, skate R to R diagonal (1:30)

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7-8

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SEC 6	1/8 SIDE, TOUCH BEHIND, $1/4$ FWD, $1/4$ SIDE, BEHIND SIDE CROSS, RUN $3/4$
1-2	Turn 1/2 R stepping L to L side, touch R behind L (3:00)
3-4	Turn ¼ R stepping R fwd, turn ¼ R stepping L to L side (9:00)
5&6	Cross R behind L, step L to L side, cross R over L
7&8	Turn ¼ L stepping L fwd, turn ¼ L stepping R fwd, turn ¼ L stepping L fwd (12:00)
SEC 7	SIDE, KICK, BALL SIDE, ¼ HITCH, ¼ FWD, ¼ BACK, CHASSE
1	Step R to R side
2&3-4	Kick L to L diagonal, step L next to R, step R to R side, turn ¼ L on R hitching L knee (9:00)
5-6	Turn ¼ L stepping fwd on L, turn ¼ L stepping back on R (3:00)
7&8	Turn ¼ L stepping L to L side, step R next to L, step L to L side (12:00)
SEC 8	CROSS POINT, SIDE, BEHIND POINT, 1/4 FWD, STEP 1/2, 1/4 SIDE, TOGETHER
1-2	Cross point R over L, step R to R side
3-4	Point L behind R, turn ¼ L stepping L fwd (9:00)
5-6	Step R fwd, turn ½ L stepping down on L (3:00)
7-8	Turn ¼ L stepping R to R side, step L next to R (12:00)
Part B	
SEC 1	SIDE, POP KNEE IN, ROLLING VINE, WITH ARM WAVE
1-2	Step R to R side, pop L knee in towards R leg
3-4	Recover on L, pop L knee in towards R leg
5-6	Turn ¼ L stepping L fwd, turn ½ L stepping back on R (3:00)
7-8	Turn ¼ L stepping L to the L side starting a R arm wave from R to L (12:00)
SEC 2	JAZZ BOX, CROSS SHUFFLE, 1/4 FWD, 1/4 BODY, FINGERS CROSS OUT CROSS
1-2-3	Cross R over L, step back on L, step R to R side
4&5	Cross L over R, step R to R side, cross L over R dipping down in knees
6-7	Straighten in knees stepping R to R side opening body to R diagonal turn body ¼ L to L diagonal (1:30)
Arms	bringing both hands up at head height with both index fingers pointing up, crossing hands leaving fingers pointing up
8&1	Move hands downwards pushing hands to sides, cross hands in front of each other, pushing hands to sides (10:30)
SEC 3	WEAVE SWEEP, BEHIND, 1/4 FWD, 3/4 HINGE TURN
2-3-4	Cross R over L, turn ¼ R step L to L side, cross R behind L sweeping L to L side (12:00)
5-6	Cross L behind R, turn 1/₂ R stepping R fwd (1:30)
7-8	Turn ½ R stepping back on L swinging R leg up, make ½ turn swinging R leg towards (12:00)
SEC 4	ROCK X3, HITCH, ROCK X3, CLAP HANDS HITCH
1-2	Rock R to R diagonal, recover back on L
3-4	Rock R to R diagonal, turn 1/8 L hitch L knee (12:00)
5-6	Rock L to L diagonal, recover back on R
7&8	Step L to L diagonal, clap hands, clap hands and hitch R knee
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Part	С

SEC 1	STFP 1/2	SHUFFLE FWD.	ROCK FWD.	OUT OUT.	BALL CROSS
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1-2 Step R fwd, turn ½ L onto L (6:00)
3&4 Step R fwd, step L behind R, step R fwd
5-6 Rock L fwd, recover back on R

&7&8 Step L out to L side, step R out to R side, step L next to R, cross R over L

SEC 2 SIDE ROCK, TRIPLE FULL TURN, STEP TOUCH, STEP TOUCH

1-2 Rock L to L side, ½ L recovering on to R (3:00)

Turn ½ L stepping L fwd, step R next to L, turn ¼ L stepping L fwd (6:00)

5-6 Step R to R side, touch L next to R

Arms point both index fingers fwd 'you', cross arms in front of chest with hands flat 'can't' (6:00)

7-8 Step L to L side, touch R next to L

Arms push both arms to sides making stop signs 'stop', bring both arms in pointing with thumbs at yourself 'this'

Tag

DIAGONAL PRESS, TOGETHER, DIAGONAL PRESS, TOGETHER

1-2-3-4 Press R into R diagonal over 3 counts, recover on to L & step R next to L

Arms point R index fwd slowly over 3 counts

5-6-7-8 Press L into L diagonal over 3 counts, recover on to R & step L next to R

Arms point L index fwd slowly over 3 counts

