# Ik Ben Niet Te Stoppen

**Count:** 0 **Wall:** 2 **Level:** Improver hip hop line/contra dance

**Choreographer:** Daan Geelen (NL)

**Music:** Ik Ben Niet Te Stoppen - Def Rhymz

**Sequence: AB, AB, RESTART, BB, A**

**PART A**

**OUT, OUT, IN, IN, STEP BEHIND OUT 2X, STEP IN 2X, GRAPEVINE TOUCH 2X**

| | |
|---|---|
| 1 | Right foot step forward out |
| 2 | Left foot step forward out |
| 3 | Right foot step back in |
| 4 | Left foot step back beside right 5 right foot step behind out |
| 6 | Left foot step behind out |
| 7 | Right foot step forward in 8 left foot step forward beside right |

**CHASSE, COASTER ¼ TURN ¼ ½, CROSS ROCK, BESIDE**

| | |
|---|---|
| 9 | Right foot step to the right |
| & | Left foot step together |
| 10 | Right foot step to the right |
| 11 | Left foot step behind, turn ¼ to the left |
| & | Right foot step together left |
| 12 | Left foot step forward |
| 13 | Right foot step ¼ to the left 14 left foot step ½ to the left |
| 15 | Right foot rock forward |
| & | Left foot weight back |
| 16 | Right foot step together left foot |

**½ SHUFFLE BACK, COASTER STEP 2X**

| | |
|---|---|
| 17 | Right foot step back, while turning ½ to the left |
| & | Left foot step together right 18 right foot step behind |
| 19 | Left foot step behind |
| & | Right foot step together |
| 20 | Left foot step forward |
| 21 | Right foot step back, while turning ½ to the left |
| & | Left foot step together |
| 22 | Right foot step behind |
| 23 | Left foot step behind |
| & | Right foot step together |
| 24 | Left foot step forward |

**SKATE STEP 2X, TURN ¼, HOLD, CLAP, ¼ SHUFFLE BACKWARD, COASTER STEP**

| | |
|---|---|
| 25 | Right foot skate to the right |
| 26 | Left foot skate to the left |
| 27 | Right foot step ¼ |
| 28 | Left foot step out and clap hands with the person facing you |
| 29 | Right foot step ¼ behind |
| & | Left foot together right |
| 30 | Right foot step behind |
| 31 | Left foot step behind |

| | |
|---|---|
| & | Right foot step together |
| 32 | Left foot step forward |

**1/8 SLIDE 2X, CHASSE, CROSS ROCK ½**

| | |
|---|---|
| 33 | Right foot a big step 1/8 forward |
| 34 | Left foot touch beside right |
| 35 | Left foot step a big step 1/8 forward |
| 36 | Right foot touch left |
| 37 | Right foot step to the right side |
| & | Left foot beside right |
| 38 | Right foot step the right |
| 39 | Left foot rock forward |
| & | Right foot weight back |
| 40 | Left foot turn ½ cross over right |

**GRAPEVINE TOUCH 2X**

| | |
|---|---|
| 41 | Right foot step to the right side |
| 42 | Left foot cross behind right |
| 43 | Right foot step to the right side |
| 44 | Left foot touch beside right |
| 45 | Left foot step to the left side |
| 46 | Right foot cross behind right |
| 47 | Left foot step to the right side |
| 48 | Right foot touch beside left |

**STEP, TURN ½ 2X WALK, WALK, STEP, TURN ½ 2X**

| | |
|---|---|
| 49 | Right foot step forward |
| 50 | Left foot pivot ½ to left |
| 51 | Right foot step forward |
| 52 | Left foot pivot ½ to left |
| 53 | Right foot walk forward |
| 54 | Left foot walk forward |
| 55 | Right foot step forward |
| 56 | Left foot pivot ½ |

**WALK, WALK, STEP, TURN ½, SKATE(4X)**

| | |
|---|---|
| 57 | Right foot walk forward |
| 58 | Left foot walk forward |
| 59 | Right foot step forward |
| 60 | Left foot pivot ½ to left |
| 61 | Right foot skate |
| 62 | Left foot skate |
| 63 | Right foot skate |
| 64 | Left foot skate |

**PART B**

**MAN**

| | |
|---|---|
| 1-2 | Right foot step to right, left foot touch beside |
| 3-4 | Left foot step to the left, right touch beside |
| 5-6-7-8 | Repeat count 1-4 |

**The next 8 counts, men turn on a funny way**

**LADY**

| | |
|---|---|
| 1-8 | Swing you're hips |
| 8-16 | The first 8 steps as in man's part |

RESTART
On the 3rd wall after count 52 you walk 4 times in place and start the dance again.