

# Can't Stop This Thing We Started

**COPPER** KNOB  
STEPSHEETS

**Count:** 32

**Wall:** 4

**Level:** Beginner

**Choreographer:** Peter O'Shea (AUS) - November 2023

**Music:** Can't Stop This Thing We Started - Bryan Adams



**Start:** after short guitar intro + 32 counts of regular beat

## **SIDE STRUT ROCK BACK RECOVER TWICE**

- 1-2                step R toe to side, drop R heel
- 3-4                step/rock L back, recover to R
- 5-6                step L toe to side, drop L heel
- 7-8                step/rock R back, recover to L

## **SIDE SHUFFLE ROCK BACK RECOVER, SIDE SHUFFLE ROCK BACK 1/4 TURN RECOVER**

- 9&10              shuffle to right side stepping R, L, R
- 11-12             step/rock L back, recover to R
- 13&14             shuffle to left side stepping L, R, L
- 15-16             turning 1/4 right step/rock R back, recover to L

## **TOE STRUT x 2, ROCK FORWARD RECOVER, SHUFFLE BACK**

- 17-18             step R toe forward, drop R heel
- 19-20             step L toe forward, drop L heel
- 21-22             step/rock R forward, recover to L
- 23&24             shuffle back stepping R, L, R

## **BACK STRUT x 2, BACK TOGETHER, SHUFFLE FORWARD**

- 25-26             step L toe back, drop L heel
- 27-28             step R toe back, drop R heel
- 29-30             step L back, step R together
- 31&32             shuffle forward stepping L, R, L

## **REPEAT**

**Restart** after 8 counts facing 12.00 during walls 5 and 9

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