

Just Stop

COPPER KNOB
STEPSHEETS

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Carol Cotherman (USA) - May 2025

Musique: Stop - Nolan Sotillo



This dance was choreographed for my improver dance friends to be used as a floor split with Foolish Feelings by Fred Whitehouse & Niels Poulsen. I love dancing their 72-Count Intermediate dance, and I concentrated on creating an improver dance that hit the lyrics with moves that flowed like Foolish Feelings.

#32-count intro. 2 Restarts after 24 counts on Wall 3 starts and restarts facing 6:00 and Wall 7 starts and restarts facing 3:00.

Rock Back, Recover, Locking Triple, Cross Rock Forward, Recover, ¼ Sailor Turn

- 1-2 Rock right back popping left knee and opening body to right, recover to left to front
- 3&4 Step right forward, lock left behind right, step right forward
- 5-6 Cross rock left over right, recover to right sweeping left from front to side
- 7&8 ¼ Turn left stepping left behind right, step right by left, step left in place (9:00)

Cross, Side, Behind, Side, Cross, Side Rock, Recover, Behind, Side, Cross

- 1-2 Cross right over left, step left to side
- 3&4 Step right behind left, step left to side, cross right over left
- 5-6 Rock left to side, recover to right
- 7&8 Step left behind right, step right to side, cross left over right

Point, ¼ Turn, Side Rock, Recover, Cross, Heel, Ball, Cross, Rock/Sway, Recover

- 1-2 Point right to side, ¼ turn right stepping right in place
- 3&4 Rock left to side, recover to right, cross left over right
- 5&6 Touch right heel slightly forward to right diagonal, step right ball in place, cross left over right
- 7-8 Rock/sway right to side, recover to left with step slightly facing left diagonal prepping for next cross step *(Restarts happen here.)

¼ Jazz Box with Cross, Right Side Mambo, Left Side Mambo

- 1-2 Cross right over left, step left back
- 3-4 ¼ Turn right stepping right to side, cross left over right
- 5&6 Rock right to side, recover to left, step right in place (add hip movement)
- 7&8 Rock left to side, recover to right, step left in place (add hip movement)

Start again

Note: On some walls, you will hit the lyrics "Stop" on counts 1 and 17. Push right hand forward in a stopping motion on those two counts. On count 1, this will cause your body to slightly open to the left instead of right.

ENDING: On the final wall, dance through Count 20. You will be facing 9:00. Repeat counts 17-20. You are now facing 12:00. Push right hand forward in a stopping motion. TADA!!!!