

Unstoppable Thing

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Mikael Mölsä (FIN) - May 2005
音乐: Can't Stop This Thing We've Started - Bryan Adams : (CD: Waking up the Neighbours)



Note: You can start the dance right after Bryan shouts "Yee-a", which is about 8 counts from the start. This is if you want to dance more.

The normal start is just before the vocals, at 0:21.

Or Music: I've Got A Feelin' by Billy Currington (CD: Billy Currington)

STEP, STEP, REVERSE COASTER STEP, LEFT SHUFFLE BACK, HIP BUMPS

1-2 Step forward on right, step forward on left
3&4 Step forward right, step left next to right, step right back
5&6 Shuffle back left-right-left
7&8& Bump hips right-left-right-left (weight ends up on left)

STEP, STEP, SAILOR STEP, STEP BEHIND, ½ UNWIND, HIP BUMPS

1-2 Step forward on right, step forward on left
3&4 Step right behind left, step left next to right, step right to right side
5-6 Step left behind right, unwind a ½ to left (weight ends up on left)
7&8& Bump hips right-left-right-right (weight ends up on left)

KICK BALL TOUCH, KICK BALL TOUCH GOING INTO A SYNCOPATED MONTEREY TURN, ROCK-N-CROSS, STEP

1&2 Kick right forward, step right next to left, touch left to the side
3&4 Kick left forward, step left next to right, touch right to the side (preparing for the full monterey turn)
5 Turn a full syncopated monterey turn to right (weight transfers to right)
6&7 Step left to the side, step weight back to right, step left over right
8 Step right forward

Note: At this point (step 4) u can turn your upper body a bit to the left, so that the following turn (count 5) will be easier to do.

Option: If you dislike turning, you can step right next to left on count 5, then continue from the counts 6&7 normally.

ROCK STEP, ¼ LEFT TURNING SAILOR STEP, WEAVE, FULL UNWIND

1-2 Rock forward on left, step weight back on right
3&4 (Turning ¼ to the left) Step left behind right, step right next to left, step left to left side
5-6 Step right over left, step left to the side
7-8 Step right behind left, unwind a full turn to left (weight ends up on left)

Option: On counts 7-8 step right behind left (7), step left next to right. This is for those who don't like to spin.

REPEAT

TAG: There's a 8-count tag after walls 4 and 8. You'll be facing the front wall at the time of the tags. Just do the first set of 8's twice during those walls.