

Nothin Can Stop My 409, 409

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Val Saari (Canada, August 2018)

Music: 409 - The Beach Boys

WALK FORWARD (RL), MAMBO FORWARD/KICK

1-4 Walk forward, RF, LF

5-8 Rock forward on RF, Recover LF, Step back on RF, Kick LF Forward

TOE-STRUTS BACK X 2 (LR), L MAMBO BACK/FLICK PIVOT 1/4 L

1-2 Touch LF toes back, Drop heel

3-4 Touch RF toes back, Drop heel

5-6LF Rock back, RF recover

7-8LF close together beside R, Flick R heel up, pivot 1/4 L

RF CHARLESTON FORWARD, LF CHARLESTON BACK

1-4 Sweep RF toes round to touch forward, Sweep RF toes back

5-8 Sweep LF toes round to touch back, Sweep LF toes forward

SHUFFLE FORWARD X 2, (RLR, LRL)

1-4 Shuffle forward RLR, hold

5-8 Shuffle forward LRL, hold

REPEAT - No Tags, No Restarts

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