

Cant Stop This

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Count: 112

Wall: 1

Level: Advanced Phrased

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Intro: 16 counts from start of track (app. 7 secs into track). Start on the word DREAM.

Sequence: AB CC, A(32)B CC, Tag, ACC CC

Tag: Described at bottom of page

A Part: 64 counts/1 wall (the A part always starts and finishes facing 12:00)

[1 - 8] Slide R back, drag L, ball step LR, LR out out, Hold, Hold, ball cross

1 - 3 Step R a big step back (1), drag L towards R (2-3) ... Arms: brings hands up to the side of your head rolling fingers in from picky to thumb 12:00

&4 Step L next to R (&), step R fwd (4) 12:00

5a Step L to L side (5) ... Arms: Look to L diagonal bringing L hand up to forehead (5), look to R diagonal bringing R hand up to forehead (a) ... Note: On 3rd A, slow 'a' counts down so they are done on count '6' 12:00

6 - 7&8 HOLD (6), HOLD (7), step L next to R (&), cross R over L (8) 12:00

[9 - 16] L V-step, R heel strut, Hold, Hold, ball step RL

1 - 4 Step L to L diagonal (1), step R to R diagonal (2), step L back to centre (3), step R next to L (4) 12:00

5a Touch L heel fwd (5), step down on L (a) ... Arms: reach both arms fwd with palms facing down (5), cross arms in front of chest with hands fisted (a) ... Note: On 3rd A, slow 'a' counts down so they are done on count '6' 12:00

6 - 7&8 HOLD (6), HOLD (7), step R next to L (&), step L fwd (8) 12:00

[17 - 24] Side R, kick L, ball side, ¼ L with L hitch, ¼ L fwd L, ¼ L back R, ¼ L chasse

1 Step R to R side (1) 12:00

2&3 - 4 Kick L to L diagonal (2), step L next to R (&), step R to R side (3), turn ¼ L hitching L knee (4) 9:00

5 - 6 Turn $\frac{1}{4}$ L stepping fwd on L (5), turn $\frac{1}{4}$ L stepping back on R (6) 3:00

7&8 Turn $\frac{1}{4}$ L stepping L to L side (7), step R next to L (&), step L to L side (8) 12:00

[25 - 32] Cross point, side R, behind point, $\frac{1}{4}$ L fwd L, step $\frac{1}{2}$ L, $\frac{1}{4}$ L side R, together

1 - 2 Cross point R over L (1), step R to R side (2) 12:00

3 - 4 Point L behind R (3), turn $\frac{1}{4}$ L stepping L fwd (4) 9:00

5 - 6 Step R fwd (5), turn $\frac{1}{2}$ L stepping down on L (6) 3:00

7 - 8 Turn $\frac{1}{4}$ L stepping R to R side (7), step L next to R (8) ... Note: Go into your B part here the 2nd time you do A 12:00

[33 - 40] R&L side rock behind, R coaster step, LR skate skate

1 - 2 Press R to R side (1), recover on L and quickly cross R behind L (2) 12:00

3 - 4 Press L to L side (3), recover on R and quickly step back on L (4) 12:00

5&6 Step back on R (5), step L next to R (&), step fwd on R (6) 12:00

7 - 8 Skate L to L diagonal (7), skate R to R diagonal (8) 1.30

[41 - 48] $\frac{1}{8}$ R side L, touch behind, $\frac{1}{4}$ R fwd, $\frac{1}{4}$ R side, behind side cross, run $\frac{3}{4}$ L

1 - 2 Turn $\frac{1}{8}$ R stepping L to L side (1), touch R behind L (2) 3:00

3 - 4 Turn $\frac{1}{4}$ R stepping R fwd (3), turn $\frac{1}{4}$ R stepping L to L side (4) 9:00

5&6 Cross R behind L (5), step L to L side (&), cross R over L (6) 9:00

7&8 Turn $\frac{1}{4}$ L stepping L fwd (7), turn $\frac{1}{4}$ L stepping R fwd (&), turn $\frac{1}{4}$ L stepping L fwd (8) 12:00

[49 - 56] Side R, kick L, ball side, $\frac{1}{4}$ L with L hitch, $\frac{1}{4}$ L fwd L, $\frac{1}{4}$ L back R, L chasse

1 Step R to R side (1) 12:00

2&3 - 4 Kick L to L diagonal (2), step L next to R (&), step R to R side (3), turn $\frac{1}{4}$ L on R hitching L knee (4) 9:00

5 - 6 Turn $\frac{1}{4}$ L stepping fwd on L (5), turn $\frac{1}{4}$ L stepping back on R (6) 3:00

7&8 Turn $\frac{1}{4}$ L stepping L to L side (7), step R next to L (&), step L to L side (8) 12:00

[57 - 64] Cross point, side R, behind point, $\frac{1}{4}$ L fwd L, step $\frac{1}{2}$ L, $\frac{1}{4}$ L side R, together

1 - 2 Cross point R over L (1), step R to R side (2) 12:00

3 - 4 Point L behind R (3), turn $\frac{1}{4}$ L stepping L fwd (4) 9:00

5 - 6 Step R fwd (5), turn $\frac{1}{2}$ L stepping down on L (6) 3:00

7 - 8 Turn $\frac{1}{4}$ L stepping R to R side (7), step L next to R (8) 12:00

B Part: 32 counts/1 wall (the A part always starts and finishes facing 12:00)

[1 - 8] Side R, pop L knee in, rolling vine, with R arm wave

1 - 2 Step R to R side (1), pop L knee in towards R leg (2) 12:00

3 - 4 Recover on L (3), pop L knee in towards R leg (4) 12:00

5 - 6 Turn $\frac{1}{4}$ L stepping L fwd (5), turn $\frac{1}{2}$ L stepping back on R (6) 3:00

7 - 8 Turn $\frac{1}{4}$ L stepping L to the L side starting a R arm wave from R to L (7&8) 12:00

[9 - 16] R jazz box, L cross shuffle, $\frac{1}{8}$ R fwd R w. finger points, $\frac{1}{4}$ L, fingers cross out cross

1 - 3 Cross R over L (1), step back on L (2), step R to R side (3) 12:00

4&5 Cross L over R (4), step R to R side (&), cross L over R dipping down in knees (5) 12:00

6 - 7 Straighten in knees stepping R to R side opening body to R diagonal AND bringing both hands up at head height with both index fingers pointing up (6), turn body $\frac{1}{4}$ L to L diagonal crossing hands leaving your fingers pointing up (7) 1:30

8&1 Start moving hands downwards pushing hands to sides (8), cross hands in front of each other (&), pushing hands to sides making sure the weight is on L (1) 10:30

[17 - 24] Weave sweep, behind, $\frac{1}{4}$ R fwd, $\frac{3}{4}$ R hinge turn

2 - 4 Cross R over L (2), squaring up to 12:00 step L to L side (3), cross R behind L sweeping L to L side (4) 12:00

5 - 6 Cross L behind R (5), turn $\frac{1}{8}$ R stepping R fwd (6) 1:30

7 - 8 Turn $\frac{1}{2}$ R stepping back on L swinging R leg up (7), continue making another $\frac{1}{2}$ turn swinging R leg towards 1:30 (8) 1:30

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[25 - 32] Rock RLR, hitch L, rock LRL, clap hands X2 and hitch R

1 - 2 Rock R to R diagonal (1), recover back on L (2) 1:30

3 - 4 Rock R to R diagonal (3), hitch L knee squaring up to 12:00 (4) 12:00

5 - 6 Rock L to L diagonal (5), recover back on R (6) 1:30

7&8 Step L to L diagonal (7), square up to 12:00 & clap hands (&), clap hands and hitch R knee (8) 12:00

C Part: 16 counts/2 walls

[1 - 8] Step $\frac{1}{2}$ L, R shuffle fwd, L rock fwd, out out LR, ball cross

1 - 2 Step R fwd (1), turn $\frac{1}{2}$ L onto L (2) 6:00

3&4 Step R fwd (3), step L behind R (&), step R fwd (4) 6:00

5 - 6 Rock L fwd (5), recover back on R (6) 6:00

&7&8 Step L out to L side (&), step R out to R side (7), step L next to R (&), cross R over L (8) 6:00

[9 - 16] L side rock, triple full turn, R&L step touches

1 - 2 Rock L to L side (1), $\frac{1}{2}$ L recovering on to R (2) 3:00

3&4 Turn $\frac{1}{2}$ L stepping L fwd (3), step R next to L (&), turn $\frac{1}{4}$ L stepping L fwd (4) 6:00

5 - 6 Step R to R side (5), touch L next to R (6) ... Arms: point both index fingers fwd 'You' (5), cross arms in front of chest with hands flat 'Can't' (6) 6:00

7 - 8 Step L to L side (7), touch R next to L (8) ... Arms: push both arms to sides making stop signs 'Stop' (7), bring both arms in pointing with thumbs at yourself 'This'

Note: On the last C separate the thumbs point in, R thumb on &, L thumb 8 6:00

Tag 8 counts, only comes once (1st time facing 6:00, next two times it happens facing 12:00)

[1 - 8] Diagonal R press, together, diagonal L press, together

**1 - 4 Press R into R diagonal (1, 2, 3), Recover on to L & step R next to L (4) ...Arms:
point R index fwd slowly over 3 counts 12:00**

**5 - 8 Press L into L diagonal (5, 6, 7), Recover on to R & step L next to R (8) ...Arms:
point L index fwd slowly over 3 counts 12:00**

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=203320