

# No One Can Stop Us

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**Count:** 128

**Wall:** 1

**Level:** Phrased Intermediate

**Choreographer:** Sofyan Anas ( ULD West Java ), Indonesia ( February 2019 )

**Music:** No One Can Stop Us by Dhipa Barus feat. Karulla

**Intro : 16 Counts - Start : On Lyric**

**SEQUENCE : A, B, A, B, TAG, C, B, B**

**Part A : 64 Counts**

**A.I. TOE STRUTS R OVER L, TOE STRUTS L TO SIDE, CROSS SUFFLE, BACK ROCK**

**1 - 2: Step on R Toe Across L (1), Lower R Heel (2).**

**3 - 4.: Step on L Toe to side (3), Lower L Heel (4)**

**5 & 6: Step Right over Left (5), Step Left side to Right (&), Step Right over Left (6)**

**7 - 8: Step Left side to L (7), Step Right Back (8)**

**A.II. TOE STRUTS L OVER R, TOE STRUTS R TO SIDE, CROSS SUFFLE, BACK ROCK**

**1 - 2: Step on L Toe Across L (1), Lower L Heel (2).**

**3 - 4.: Step on R Toe to side (3), Lower R Heel (4)**

**5 & 6: Step Left over Right (5), Step Right side to Left (&), Step Left over Right (6)**

**7 - 8: Step Right side to R (7), step Left back (8)**

**A.III. SAILOR STEP X 2, SAILOR TURN  $\frac{1}{4}$  TO RIGHT, PIVOT TURN  $\frac{1}{2}$  TO RIGHT**

**1 & 2: Step Right behind to left (1), Step Left side to Left (&), Step Right side to Right (2)**

**3 & 4: Step Left behind to Right (3), Step Right to Right (&), Step Left side to Left (4).**

**5 & 6: Step Right behind to left (5),  $\frac{1}{4}$  turn R Step R next to R (&) (03.00), Step Left side to L (6)**

**7 - 8: Step Left fwd L (7), Turn  $\frac{1}{2}$  To Right (8), (09.00).**

**A.IV. SAILOR STEP X 2, SAILOR TURN  $\frac{1}{4}$  TO RIGHT, PIVOT TURN  $\frac{1}{2}$  TO RIGHT**

**1 & 2: Step Right behind to left (1), Step Left side to Left (&), Step Right side to Right (2)**

**3 & 4: Step Left behind to Right (3), Step Right to Right (&), Step Left side to Left (4).**

**5 & 6: Step Right behind to left (5),  $\frac{1}{4}$  turn R Step R next to R (&) (12.00), Step Left side to L (6)**

**7 - 8: Step Left fwr L (7), Turn  $\frac{1}{2}$  To Right (8), (06.00).**

#### **A.V. STEP R-L OUT, STEP R-L IN ( V STEP) , PIVOT TURN $\frac{1}{2}$ TO RIGHT (X 2)**

**1 - 2: Step Right Out foward (1), Step Left Out foward (2)**

**3 - 4: Step Right In backward (3), Step Left In backward Next to R (4).**

**5 - 6: Step Right foward (5),  $\frac{1}{2}$  turn Right (6) (12.00).**

**7 - 8: Step Right forward (7),  $\frac{1}{2}$  turn Right (8) (06.00)..**

#### **A.VI. HIP BUMPS RIGHT, HIP BUMP LEFT, PADDLE FULL TURN LEFT**

**1 & 2: Step Right toe forward as you bump hips right (1), Bump hips left (&),Bump hips right (2)**

**3 & 4: Step Left toe forward as you bump hips left (3), Bump hips right (&),Bump hips left (4)**

**5&6&7&8:  $\frac{1}{4}$  turn left on left foot, point right foot to the right (5), Step L Recover (&),  $\frac{1}{4}$  turn left on left foot, point right foot to the right (6), Step L Recover (&)  $\frac{1}{4}$  turn left on left foot, point right foot to the right (7), Step L Recovery (&),  $\frac{1}{4}$  turn left on left foot, point right foot to the right (8).**

#### **A.VII. TOE POINTS ON RIGHT AND LEFT (X2), TOE POINTS ON LEFT AND RIGHT (X2).**

**1 - 2: Step Point right toe forward Diagonal cross over left (1), Step Point right toe back (2)**

**3 - 4: Step Point right toe forward Diagonal cross over left (3), Step Point right toe back (4)**

**5 - 6: Step Point left toe forward Diagonal cross over right (5), Step Point left toe back (6)**

**7 - 8: Step Point left toe forward Diagonal cross over right (7), Step Point left toe back (8)**

#### **A.VIII. PRIZZY WALK R-L, TOUCH SIDE,HITCH R-COASTER STEP FORWARD MAMBO**

**1 - 2: Step Right forward (1), Step Left forward (2)**

**3 & 4: Touch R to side to R (3), Step R beside L (&), Hitch Foot Right (4)**

**5 & 6: Step Right Back (5), Step Left Back next to R (&), Step Right forward (6)**

**7 & 8: Step Left forward (7), Step Right Recovery on R (&), Step Left Back next to R (8)**

### **Part B : 32 Counts**

#### **B.I. SYNCOPATED (TOUCH SIDE R KNEE IN ,TOUCH SIDE L KNEE IN TOGETHER X2, LONG STEP**

**1 & 2.: Touch R to side knee in (1), Lower R heel (&), Touch L to side knee in (2)**

**&3&4: Lower L heel (&), Touch R to side knee in (3), Lower R heel (&),Touch R to side knee in (4)**

**&5&6: Lower R heel (&), Touch L to side knee in (5), Lower L heel (&),Touch R to side knee in (6)**

**&7&8: Lower R heel (&), Touch L to side knee in (7), Lower L heel (&),Touch L to side knee in (8)**

#### **B.II. BASIC JAZZ BOX L CROSS, SYNCOPATED BACK CROSS, LONG STEP LEFT**

**1 - 2&: Step L Over R (1), Step R Back (2), Step L next to R (&)**

**3 - 4: Step R over L (3), step L side next to R (4)**

**5&6.: Step R behind R (5) , Step L next to R (&), step R over L (6)**

**7 8: Stepping L long Step L to side ( 7- 8 )**

#### **B.III. SYNCOPATED (TOUCH SIDE R KNEE IN ,TOUCH SIDE L KNEE IN TOGETHER X2, SAILOR TURN R**

**1 & 2.: Touch R to side knee in (1), Lower R heel (&), Touch L to side knee in (2)**

**&3&4: Lower L heel (&), Touch R to side knee in (3), Lower R heel (&),Touch R to side knee in (4)**

**&5&6: Lower R heel (&), Touch L to side knee in (5), Lower L heel (&), Touch R to side knee in (6)**

**7 & 8: Step Right behind to left (5),  $\frac{1}{4}$  turn R Step R next to R (&) (09.00), Step Left side to L (6)**

#### **B.IV. SYNCOPATED (TOUCH SIDE R KNEE IN , TOUCH SIDE L KNEE IN TOGETHER X2, SAILOR TURN R**

**1 & 2.: Touch R to side knee in (1), Lower R heel (&), Touch L to side knee in (2)**

**&3&4: Lower L heel (&), Touch R to side knee in (3), Lower R heel (&), Touch R to side knee in (4)**

**&5&6: Lower R heel (&), Touch L to side knee in (5), Lower L heel (&), Touch R to side knee in (6)**

**7 & 8: Step Right behind to left (5),  $\frac{1}{4}$  turn R Step R next to R (&), Step Left side to L (6) (12.00)**

**□ > TAG : Hold 4 Count**

**Part C : 32 Counts**

#### **C.I. : BASIC L- R SYNCOPATED 1/2 TURN RIGHT X2, L BACK ROCK, R BACK ROCK**

**1 & 2: Stepping Left long Step L to side (1), Rock R behind L (&), Recover on L (2)**

**3 - 4.: Rolling Vine Turn  $\frac{1}{2}$  to Right (3),  $\frac{1}{2}$  Turn to Right (4)**

**5 & 6.: Step Back Left Behind R (5), Recovery on R (&), Step Left next to R (6)**

**7 & 8: Step Back Right Behind L (5), Recovery on L (&), Step Right next to Left Touch (6)**

#### **C.II. STEP R FORWARD, LONG STEP, STEP L FORWARD, SIDE L LONGSTEP**

**1 - 2.: Step Right forward (1), Step Right Back next to L (2)**

**3 - 4.: Stepping Long Step R Forward (3), Step Left next to R (4)**

**5 - 6: Step Left forward (5), Step Left Back next to L (6)**

**7 - 8: Stepping Long Step to Left (7), Step Left side next to R (8)**

### **C.III.BASIC R- L SYNCOPATED 1/2 TURN LEFT X2, R BACK ROCK, L BACK ROCK STEP**

**1 & 2: Stepping Right long Step R to side (1), Rock L behind R (&), Recover on R (2)**

**3 - 4.: Rolling Vine Turn  $\frac{1}{2}$  to Left (3),  $\frac{1}{2}$  Turn to Left (4)**

**5 & 6.: Step Back Right Behind L (5), Recovery on L (&), Step Right next to L (6)**

**7 & 8: Step Back Left Behind R (5), Recovery on R (&), Step Left next to Left Touch (6)**

### **C.IV. STEP L FORWARD, LONG STEP, STEP R FORWARD, SIDE R LONGSTEP**

**1 - 2.: Step Left forward (1), Step Left Back next to R (2)**

**3 - 4.: Stepping Long Step L Forward (3), Step Right next to L (4)**

**5 - 6: Step Right forward (5), Step Right Back next to R (6)**

**7 - 8: Stepping Long Step to Right (7), Step Right side next to L (8)**

**Enjoy Your Dance...**

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