

# STOP & START

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**Count:** 56      **Wall:** 2      **Level:** intermediate

**Choreographer:** Gary Steele

**Music:** Can't Stop This Thing We Started by Bryan Adams

**1&2**      Kick forward on right, step back on ball of left-change

**3-4**      Step forward on right,  $\frac{1}{2}$  pivot over left shoulder

**5&6**      Shuffle forward on right

**7&8**      Rock forward on left, recover, step back on left

**1-2**      Right toe dig behind left, unwind  $\frac{1}{2}$  pivot over right

**3&4**      Step  $\frac{1}{4}$  left into a chasse left

**5&6**      Sailor right

**7&8**      Sailor left

**1&2**      Kick forward on right, ball-step

**3&4**      Kick forward on right, ball-step

**5-6**      Step forward on right,  $\frac{1}{4}$  pivot to the left

**7&8**      Crossing left shuffle

**1-2**      Point left to left side, cross left over right

**3-4**      Point right to right side, cross right over left

**5-6**      Rock forward on left, recover

**7&8**      Coaster left

**1&2**      Hip bumps right

**3&4**      Hip bumps left

- 5&6** Hip bumps right
- 7&8** Hip bumps left
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- 1-2** Rock forward on right, recover
- 3&4** Shuffle back on right
- 5&6** Point left, together, point right
- &7** Together, point left
- 8** Clap hands
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- 1&2** Sailor left
- 3&4** Sailor right
- 5-6** Left toe dig behind right, unwind ½ turn over left (weight still on right foot)
- 7&8** Behind side-cross

**REPEAT**