

# Cant Stop Wont Stop

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**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Mark Paulino (USA) & Rob Fowler (ES) - September 2025

## 2 Restarts

### 16 count intro

**WEIGHT SHIFT LEFT/RIGHT, DIAGONAL FORWARD LEFT SHUFFLE, DIAGONAL RIGHT SHUFFLE, ½ PIVOT TURN, ½ TURN STEP BACK DRAG**

**1 2 Weight shift from R to L slightly looking left, weight shift from L to R slightly looking right**

**3&4 Step L diagonally forward, step R besides L, step L diagonally forward**

**5&6 Step R diagonally forward, step L besides R, step R diagonally forward**

**7&8 L steps forward, ½ turn right as you weight shift from L to R (6:00), ½ turn right with L stepping back as you drag R back towards L (12:00)**

**ALTERNATIVE STEPS: First two counts you can hop bump left, then right.**

**STYLING POINTS: Point left with right hand as you shuffle left, point right with left hand as you shuffle right.**

**BACK ROCK RECOVER, KNEE POP WALK X2, CROSS ROCK RECOVER, SIDE ROCK RECOVER, BEHIND SIDE CROSS**

**1 2 R rock back, recover ahead on L**

**3 4 R steps forward as L knee pop besides R, L steps forward as R knee pop besides L**

**5&6& R cross over L rock, recover on L, R side rock, recover on L**

**7&8 R cross step behind L, L side step, R cross step over L**

**RESTARTS: Restart on wall 2 & 5**

**SIDE CROSS, SIDE STEP HEEL SWIVEL, HEEL SWIVEL, SAILOR ¼ TURN, SHUFFLE ¼ WITH SIDE STEP DRAG**

**&1 L side step, R cross step over L**

**2&3&4 L side step, R heel swivel in, R heel swivel back, L heel swivel in, L heel swivel back**

**5&6 R cross step behind L,  $\frac{1}{4}$  turn right with L step besides R (3:00), R steps forward**

**7&8 L steps forward, R steps besides L.  $\frac{1}{4}$  turn right with L side step as R drags towards L (6:00)**

**SAILOR STEP,  $\frac{1}{2}$  TURN WITH 3 HOPS,  $\frac{1}{4}$  TURN WALK/KNEE POP X2,  $\frac{1}{4}$  TURN SHUFFLE**

**1&2 R cross step behind L, L step besides R, R side step**

**3&4  $\frac{1}{2}$  turn left with 3 hops in place (12:00)**

**5 6  $\frac{1}{4}$  turn left with R stepping forward (L knee pop optional) (9:00),  $\frac{1}{4}$  turn left with L stepping forward (R knee pop optional) (6:00)**

**7&8  $\frac{1}{4}$  turn left with R stepping forward, L steps besides R, R steps forward (3:00)**

**ALTERNATIVE STEP: You can replace the  $\frac{1}{2}$  turn 3 hops with a L cross toe touch behind R, bouncing 2 times weight shifting from R to L**

**ENDING: Replace a  $\frac{3}{4}$  walk around shuffle to a full turn walk around shuffle**

**Last Update: 10 Sep 2025**