

IK BEN NIET TE STOPPEN

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Count: —

Wall: 2

Level: beginner/intermediate hip hop line/contra dance

Choreographer: Daan Geelen

Music: Ik Ben Niet Te Stoppen by Def Rhymz

Sequence: AB, AB, RESTART, BB, A

PART A

OUT, OUT, IN, IN, STEP BEHIND OUT 2X, STEP IN 2X, GRAPEVINE TOUCH 2X

- 1 Right foot step forward out
- 2 Left foot step forward out
- 3 Right foot step back in
- 4 Left foot step back beside right 5 right foot step behind out
- 6 Left foot step behind out
- 7 Right foot step forward in 8 left foot step forward beside right

CHASSE, COASTER $\frac{1}{4}$ TURN $\frac{1}{4}$ $\frac{1}{2}$, CROSS ROCK, BESIDE

- 9 Right foot step to the right
- & Left foot step together
- 10 Right foot step to the right
- 11 Left foot step behind, turn $\frac{1}{4}$ to the left
- & Right foot step together left
- 12 Left foot step forward
- 13 Right foot step $\frac{1}{4}$ to the left 14 left foot step $\frac{1}{2}$ to the left
- 15 Right foot rock forward
- & Left foot weight back
- 16 Right foot step together left foot

$\frac{1}{2}$ SHUFFLE BACK, COASTER STEP 2X

- 17 Right foot step back, while turning $\frac{1}{2}$ to the left
- & Left foot step together right 18 right foot step behind
- 19 Left foot step behind

- & Right foot step together
- 20 Left foot step forward
- 21 Right foot step back, while turning $\frac{1}{2}$ to the left
- & Left foot step together
- 22 Right foot step behind
- 23 Left foot step behind
- & Right foot step together
- 24 Left foot step forward

SKATE STEP 2X, TURN $\frac{1}{4}$, HOLD, CLAP, $\frac{1}{4}$ SHUFFLE BACKWARD, COASTER STEP

- 25 Right foot skate to the right
- 26 Left foot skate to the left
- 27 Right foot step $\frac{1}{4}$
- 28 Left foot step out and clap hands with the person facing you
- 29 Right foot step $\frac{1}{4}$ behind
- & Left foot together right
- 30 Right foot step behind
- 31 Left foot step behind
- & Right foot step together
- 32 Left foot step forward

$\frac{1}{8}$ SLIDE 2X, CHASSE, CROSS ROCK $\frac{1}{2}$

- 33 Right foot a big step $\frac{1}{8}$ forward
- 34 Left foot touch beside right
- 35 Left foot step a big step $\frac{1}{8}$ forward
- 36 Right foot touch left
- 37 Right foot step to the right side
- & Left foot beside right
- 38 Right foot step the right
- 39 Left foot rock forward
- & Right foot weight back

40 Left foot turn $\frac{1}{2}$ cross over right

GRAPEVINE TOUCH 2X

41 Right foot step to the right side

42 Left foot cross behind right

43 Right foot step to the right side

44 Left foot touch beside right

45 Left foot step to the left side

46 Right foot cross behind right

47 Left foot step to the right side

48 Right foot touch beside left

STEP, TURN $\frac{1}{2}$ 2X WALK, WALK, STEP, TURN $\frac{1}{2}$ 2X

49 Right foot step forward

50 Left foot pivot $\frac{1}{2}$ to left

51 Right foot step forward

52 Left foot pivot $\frac{1}{2}$ to left

53 Right foot walk forward

54 Left foot walk forward

55 Right foot step forward

56 Left foot pivot $\frac{1}{2}$

WALK, WALK, STEP, TURN $\frac{1}{2}$, SKATE(4X)

57 Right foot walk forward

58 Left foot walk forward

59 Right foot step forward

60 Left foot pivot $\frac{1}{2}$ to left

61 Right foot skate

62 Left foot skate

63 Right foot skate

64 Left foot skate

PART B

MAN

1-2 Right foot step to right, left foot touch beside

3-4 Left foot step to the left, right touch beside

5-6-7-8 Repeat count 1-4

The next 8 counts, men turn on a funny way

LADY

1-8 Swing you're hips

8-16 The first 8 steps as in man's part

RESTART

On the 3rd wall after count 52 you walk 4 times in place and start the dance again.