

# Can't Stop

*Johanna Barnes*

Choreographer: Johanna Barnes

Description: 4-wall, phrased, intermediate line dance. 32-count Part A, 16-count Part B. Sequence: A B AA B AAAA

Style: MamboSambaFunk

Music: Can't Stop by Ozomatli (24 count intro)

## **PART A** (32 counts)

### **1-8 ¼ MAMBO R, ¼ MAMBO L, WALKS OUT/FORWARD 4X**

- 1 RF rock forward
- & LF recover weight
- 2 RF step ¼ turn right (face 3:00)
- 3 LF rock forward
- & RF recover weight
- 4 LF step ¼ turn left (face 12:00)
- 5 RF step forward and slightly out right\*
- 6 LF step forward and slightly out left\*
- 7 RF step forward and slightly out right\*
- 8 LF step forward and slightly out left\*

#### **\* STYLING OPTIONS**

*Walls 1 & 3:* Strut forward, leading with hips, using contra shoulder movement.

(R shoulder back as you step R, L shoulder back as you step L)  
*Walls 2, 4, 7:* Bump hips side to side as you walk forward (bump R & L with each step).

*Walls 5 & 6:* Hitch knee before each step (&5 &6 &7 &8), contracting abdominals to hitch.

### **9-16 JAZZ BOX, HITCH, WEAWE, ¼ R, ½ R, COASTER STEP (mambo style)**

- 1 RF cross over left
- & LF step back and slightly out
- 2 RF step back
- & LF hitch knee
- 3 LF cross behind right
- & RF step to the side
- 4 LF step across right
- 5 RF step ¼ turn right (face 3:00)
- 6 LF step back ½ turn right (face 9:00)
- 7 RF step back
- & LF step next to right
- 8 RF step forward

### **17-24 STUTTER STEP, RECOVER, COASTER STEP, SIDE TOGETHER 2X**

- & LF brush ball of foot forward (stutter step)
- 1 LF press forward
- 2 RF recover weight back
- 3 LF step back
- & RF step next to LF
- 4 LF step forward
- 5 RF step to right side\*\*
- 6 LF step next to right\*\*
- 7 RF step to right side\*\*
- 8 LF step next to right\*\*

#### **\*\* STYLING OPTIONS**

*Walls 1 & 3:* Strut to the side, leading with hips, using contra shoulder movement.

(R shoulder back as you step R, L shoulder return as you step L)  
*Walls 2, 4, 7:* Bump hips side to side as you side step (bump R & L with each step).

*Walls 5 & 6:* Double time side steps, leading with R hip (5 & 6 & 7 & 8 &)

### **25-32 R FORWARD MAMBO, L BACK MAMBO, TOUCH RETURN 4X**

- 1 RF rock forward
- & LF recover weight
- 2 RF step back
- 3 LF rock back
- & RF recover weight
- 4 LF step forward
- 5 RF touch forward, slightly open \*\*\*
- & RF step next to left, return to center \*\*\*
- 6 LF touch forward, slightly open \*\*\*
- & LF step next to right, return to center \*\*\*
- 7 RF touch forward, slightly open \*\*\*
- & RF step next to left, return to center \*\*\*
- 8 LF touch forward, slightly open \*\*\*
- & LF step next to right, return to center \*\*\* (end 9:00)

#### **\*\*\* STYLING OPTIONS**

Counts 29-32 (5-8): Half-time the movement.

- 5 RF touch forward, slightly open
- 6 RF step next to left, return to center
- 7 LF touch forward, slightly open
- 8 LF step next to right, return to center

(Can't Stop Continued)

**PART B** (16 counts, 1 wall – *consider this as a new start wall at 12:00*)

**1-8 CROSS, HOLD, DOUBLE CROSS L,  $\frac{3}{4}$  PIVOT WALK-AROUND**

- 1 RF step across left
- 2 hold (weight right)
- & LF step to left side
- 3 RF step across left
- & LF step to left side
- 4 RF step across left
- 5 LF step back  $\frac{1}{4}$  turn right (face 3:00)
- 6 RF step out to right side
- 7 LF step  $\frac{1}{4}$  turn right (face 6:00)
- 8 RF step  $\frac{1}{4}$  turn right (end facing 9:00)

**9-16 HITCH JAZZ BOX - HITCH WEAVE 2X, WHILE TURNING  $\frac{3}{4}$  L (  $\frac{3}{4}$  Samba box)**

*The following sequence of steps will bring you  $\frac{3}{4}$  of a turn, back to 12:00.*

*Start by slowly turning L with each movement, working to each corner sequentially to finish at 12:00.*

- & LF hitch knee
- 1 LF step across right
- & RF step slightly back and out
- 2 LF step to left side (facing 8:00 corner)
- & RF hitch knee
- 3 RF step behind left
- & LF step to side
- 4 RF step across left (facing 5:00 corner)
- & LF hitch knee
- 5 LF step across right
- & RF step slightly back and out
- 6 LF step to left side (facing 2:00 corner)
- & RF hitch knee
- 7 RF step behind left
- & LF step to side
- 8 RF across left (face 12:00)
- & LF step slightly forward to take weight (end facing 12:00)

Part A is 32-counts, 4-wall. Part B is 16 counts, 1-wall.

Therefore you will do Part A sequentially at 12:00, 9:00, 6:00, 3:00, 12:00, 9:00, 6:00.

Part B will be after the first Part A at 9:00, and after the 3<sup>rd</sup> Part A at 3:00.

Contact: [johanna@dancewhatyoufeel.com](mailto:johanna@dancewhatyoufeel.com)  
203-926-8700

A special thank you goes out to Bill B for previewing, and to Bryan M for introducing me to faster movement on the last 4 counts – the slight change makes a huge difference!