

Can't Stop This

Modern Line Dance (ACE) – Dance A

Usage date – 12/08/2026 – 10/08/2027



Description : 112 Counts, 1 Wall
Choreographer : Fred Whitehouse & Shane McKeever
Music : 'You Can't Stop This by Alex Warren
Sequence : ABCCA (32 Counts) BCC TAG ACCCC

PART A – 64 COUNTS – Always starts and finishes facing 12:00

1-8: SLIDE RIGHT BACK, DRAG LEFT, BALL STEP LEFT AND RIGHT, LEFT AND RIGHT OUT OUT, HOLD, HOLD, BALL CROSS

- 1 RF Step a big step back.
2,3 LF Drag towards RF.
Arms: Bring hands up to the side of your head rolling fingers in from pinky to thumb.
& LF Step next to RF.
4 RF Step forward.
5 LF Step to left side.
Arms: Look to left diagonal bringing left hand up to forehead
a Look to right diagonal bringing right hand up to forehead.
6 Hold.
7 Hold.
& LF Step next to RF.
8 RF Cross over RF.

9-16: LEFT V-STEP, RIGHT HEEL STRUT, HOLD, HOLD, BALL STEP RL

- 1 LF Step to left diagonal.
2 RF Step to right diagonal.
3 LF Step back to centre.
4 RF Step next to LF.
5 LF Touch heel forward.
Arms: Reach both arms forward with palms facing down.
a LF Step down and cross arms in front of chest with hands fisted.
6 Hold.
7 Hold.
& RF Step next to LF.
8 LF Step forward.

17-24: SIDE RIGHT, KICK LEFT, BALL SIDE, ¼ LEFT WITH LEFT HITCH, ¼ LEFT FORWARD, ¼ LEFT BACK, ¼ LEFT CHASSE

- 1 RF Step to right side.
2 LF Kick to left diagonal.
& LF Step next to RF.
3 RF Step to right side.
4 LF Make ¼ turn left and hitch left knee (09:00).
5 LF Make ¼ turn left and step forward (06:00).
6 RF Make ¼ turn left and step back (03:00).
7 LF Make ¼ turn left and step to side (12:00).
& RF Step next to LF.
8 LF Step to side.

25-32: CROSS POINT, SIDE RIGHT, BEHIND POINT, ¼ LEFT FORWARD, STEP ½ LEFT, ¼ LEFT SIDE RIGHT, TOGETHER

- 1 RF Cross point over LF.
2 RF Step to right side.
3 LF Point behind RF.
4 LF Make ¼ turn left and step forward (09:00).
5 RF Step forward.
6 LF Make ½ turn left stepping down (03:00).
7 RF Make ¼ turn left and step to right side (12:00).
8 LF Step next to RF.

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33-40: RIGHT AND LEFT SIDE ROCK BEHIND, RIGHT COASTER STEP, LEFT AND RIGHT SKATE SKATE

- 1 RF Press to right side.
- 2 LF Recover and quickly cross RF behind LF.
- 3 LF Press to left side.
- 4 RF Recover and quickly step back on LF.
- 5 RF Step back.
- & LF Step next to RF.
- 6 RF Step forward.
- 7 LF Skate to left diagonal.
- 8 RF Skate to right diagonal (01:30).

41-48: 1/8 RIGHT SIDE LEFT, TOUCH BEHIND, 1/4 RIGHT FORWARD, 1/4 RIGHT SIDE, BEHIND SIDE CROSS, RUN 1/4 LEFT

- 1 LF Turn 1/8 right and step to side (03:00).
- 2 RF Touch behind LF.
- 3 RF Turn 1/4 right and step forward (06:00).
- 4 LF Turn 1/4 right and step to side (09:00).
- 5 RF Cross behind LF.
- & LF Step to side.
- 6 RF Cross over LF.
- 7 LF Turn 1/4 left and step forward (06:00).
- & RF Turn 1/4 left and step forward (03:00).
- 8 LF Turn 1/4 left and step forward (12:00).

49-56: SIDE RIGHT, KICK LEFT, BALL SIDE, 1/4 LEFT WITH LEFT HITCH, 1/4 LEFT FORWARD, 1/4 LEFT BACK, LEFT CHASSE

- 1 RF Step to right.
- 2 LF Kick to left diagonal.
- & LF Step next to RF.
- 3 RF Step to side.
- 4 LF Make 1/4 turn left and hitch knee (09:00).

- 5 LF Make 1/4 turn left and step forward (06:00).
- 6 RF Make 1/4 turn left and step back (03:00).
- 7 LF Make 1/4 turn left and step to side (12:00).
- & RF Step next to LF.
- 8 LF Step to side.

57-64: CROSS POINT, SIDE RIGHT, BEHIND POINT, 1/4 LEFT FORWARD, STEP 1/2 LEFT, 1/4 LEFT SIDE RIGHT, TOGETHER

- 1 RF Cross point over LF.
- 2 RF Step to side.
- 3 LF Point behind RF.
- 4 LF Make 1/4 turn left and step forward (09:00).
- 5 RF Step forward.
- 6 LF Make 1/2 turn left and step down (03:00).
- 7 RF Turn 1/4 left and step to side (12:00).
- 8 LF Step next to RF.

PART B – 32 COUNTS

1-8: SIDE RIGHT, POP LEFT KNEE IN, ROLLING VINE, WITH RIGHT ARM WAVE

- 1 RF Step to side.
- 2 LF Pop knee in.
- 3 LF Recover.
- 4 LF Pop knee in.
- 5 LF Make 1/4 turn left and step forward (09:00).
- 6 RF Make 1/2 turn left and step back (03:00).

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7,8 LF Turn ¼ left and step to side starting a right arm wave from Right to Left (12:00).

9-16: RIGHT JAZZ BOX, LEFT CROSS SHUFFLE, ½ RIGHT FORWARD WITH FINGER POINTS, ¼ LEFT, FINGERS CROSS OUT CROSS

1 RF Cross over LF.
 2 LF Step back.
 3 RF Step to side.
 4 LF Cross over RF.
 & RF Step to right side.
 5 LF Cross over RF dipping down in knees.
 6 RF Straighten in knees and step to right opening body to right diagonal and bringing both hands up at head height with both index finger pointing up.
 7 Turn body ½ left to left diagonal crossing hands leaving your fingers pointing up (10:30).
 8 Start moving hands downwards pushing hands to sides.
 & Cross hands in front of each other.
 1 LF Push hands to sides and make sure the weight is on LF (10:30).

17-24: WEAVE SWEEP, BEHIND, ¼ RIGHT FORWARD, ¾ RIGHT HINGE TURN

2 RF Cross over LF.
 3 LF Square up to 12:00 and step to side.
 4 RF Cross behind LF sweeping LF to left side.
 5 LF Cross behind RF.
 6 RF Turn ½ right and step forward (01:30).

7 LF Make ½ turn right and step back swinging right leg up (07:30).
 8 RF Make another ½ turn right swinging right leg towards (01:30).

25-32: ROCK RIGHT, LEFT, RIGHT, HITCH LEFT, ROCK LEFT, RIGHT, LEFT, CLAP HANDS X2 AND HITCH RIGHT

1 RF Rock to right diagonal (01:30).
 2 LF Recover.
 3 RF Rock to right diagonal.
 4 LF Hitch left knee squaring up to 12:00.
 5 LF Rock to left diagonal (10:30).
 6 RF Recover.
 7 LF Step to left diagonal.
 & RF Square up to 12:00 clap hands and hitch.
 8 RF Clap hands.

PART C – 16 COUNTS

1-8: STEP ½ LEFT, RIGHT SHUFFLE FORWARD, LEFT ROCK FORWARD, OUT OUT LEFT RIGHT, BALL CROSS

1 RF Step forward.
 2 LF Make ½ turn left (06:00).
 3 RF Step forward.
 & LF Step behind RF.
 4 RF Step forward.
 5 LF Rock forward.
 6 RF Recover.
 & LF Step out to left side.
 7 RF Step out to right side.
 & LF Step next to RF.
 8 RF Cross over LF.

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9-16: LEFT SIDE ROCK, TRIPLE FULL TURN, RIGHT AND LEFT STEP TOUCHES

- 1 LF Rock to left side.
- 2 RF Make ½ turn left and recover (12:00).
- 3 LF Make ¼ turn left and step forward (09:00).
- & RF Step next to LF.
- 4 LF Make ¼ turn left and step forward (06:00).
- 5 RF Step to side and point both index fingers forward.
- 6 LF Touch next to RF and cross arms in front of chest with hands flat.
- 7 LF Step to left side and push both arms to sides making a stop sign.
- 8 RF Touch next to LF and bring both arms in, pointing with thumbs at yourself.

TAG

1-8: DIAGONAL RIGHT PRESS, TOGETHER, DIAGONAL LEFT PRESS, TOGETHER

- 1-3 RF Press into right diagonal.
- 4 RF Recover onto LF and step RF next to LF.
- Arms:** Point right index forward slowly over 3 counts.
- 5-7 LF Press into left diagonal.
- 8 LF Recover onto RF and step LF next to RF.
- Arms:** Point left index finger forward slowly over 3 counts.