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No Stopping Your Heart

32 Count, 4 Wall, Beginner

Choreographer: Sally Hung (Taiwan) Nov 2013

Choreographed to: There's No Stopping Your Heart
by Marie Osmond

Start to dance after 16 counts

S1. SIDE, HOLD, BEHIND, SIDE, CROSS, ROCK, RECOVER, BEHIND, SIDE, CROSS

1,2,3&4 Step R to R side, hold, step L behind R, step R to R side, cross step L over R

5,6,7&8 Rock R to diagonal R, recover onto L, step R behind L, step L to L side, cross R over L

S2. ROCK, RECOVER, BEHIND, SIDE, CROSS, ROCK RECOVER FLICK (X2)

1,2,3&4 Rock L to diagonal L, recover onto R, step L behind R, step R to R side, cross L over R

5&6 Rock fwd on ball of R, recover on L, hop fwd on R and flick L back,

7&8 Rock fwd on ball of L, recover on R, hop fwd on L and flick R back

S3. WALK BACK R,L,R, POINT, WALK BACK L,R, L, POINT

1,2,3,4 Walk back R, L, R, touch L toes to L side

5,6,7,8 Walk back L,R,L, touch R toes to R side

Restart here on wall 4

S4. FWD SHUFFLE, FWD SHUFFLE, JAZZ BOX ¼ TURN R

1&2,3&4 Shuffle fwd on RLR, shuffle fwd on LRL

5,6,7,8 Cross R over L, ¼ turn R step back on L, step R to R side, step L fw

Restart on wall 4 after finishing S3 (9:00)

Have Fun!!