



Stop The Chase!

80 Count 2 Wall Advanced Level Dance.
Choreographed by: Jose Miguel Belloque Vane (NL),
Adam Astmar (SWE) & Ryan Hunt (UK) Aug 2026
Choreographed to: Chasin' After You by O-Town
Intro: 32 Counts. Start at approx 17 secs.

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Sequence: A, B, C, A, B, C, A, A, A, B, B, C, C (Ending)

Part A

SEC 1 V-STEP, HEEL FANS X2, ¼ SIDE ROCK, & SLIDE, KNEE POP

- 1-2 Step out on L, step out on R
- 3-4 Step L back fan R toes to R, step R back fan L toes to L
- 5-6& Make ¼ L rocking L to L, recover R, close L next to R (9:00)
- 7-8 Take a big step to R dragging L in, close L next to R popping R knee

SEC 2 ROCK FORWARD, & WALK, WALK, ¼ SIDE HIP ROLL, HIP ROLL ⅛ FORWARD, CLOSE KICK

- 1-2 Rock R forward, recover L
- &3-4 Close R next to L, walk forward L, walk forward R
- 5-6 Make ¼ R stepping L to L roll hips anti-clockwise, roll hips anti-clockwise (12:00)
- 7-8 Make ⅛ R stepping R forward, close L next to R kick R forward (1:30)

SEC 3 CROSS, ⅛ BACK, BALL CROSS, SIDE, HINGE ½ TURN, KNEE POP X2, HAND SNAP

- 1-2& Cross R over L, make ⅛ R stepping L back, close R in place (3:00)
- 3-5 Cross L over R, step R to R, make ½ L stepping L to L (9:00)
- 6-7 Pop R knee in, recover R popping L knee in
- 8 Recover L

Styling Snap R hand looking to the L

SEC 4 ¼ FORWARD, ½ BACK, COASTER STEP, STEP LOCK STEP, & SCOOT, STEP

- 1-2 Make ¼ R stepping R forward, make ½ R stepping L back (6:00)
- 3&4 Step R back, close L next to R, step R forward
- 5&6 Step L forward, lock R behind L, step L forward
- &7-8 Step forward on R, hop on L behind R hitch R knee, step R forward

Part B

SEC 1 DIAGONAL ROCK, LOCK STEP BACK, ¼ DIAGONAL ROCK, LOCK STEP BACK

- 1-2 Make ⅛ L rock L forward, recover R (10:30)
- 3&4 Step L back, cross R over L, step L back
- 5-6 Make ¼ R rock R forward, recover L (1:30)
- 7&8 Step R back, cross L over R, step R back

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SEC 2 ¾ FORWARD, ¼ SIDE, SAILOR ⅛, CAMEL WALK, CAMEL WALK, SCUFF OUT OUT

- 1-2 Make ¾ L stepping L forward, make ¼ L stepping R to R (6:00)
- 3&4 Cross L behind R, step R in place, make ⅛ L stepping L forward (4:30)
- 5-6 Walk forward R pop L knee, walk forward L pop R knee
- 7&8 Scuff R heel forward, step R to R, step L to L

SEC 3 SNAKE ROLL, SNAKE ROLL, SIDE DRAG, BALL CROSS, ¾ FORWARD, ½ BACK W/ SWEEP

- 1-2 Slightly bend your knees roll through R shoulder to R, roll through L shoulder to L
- 3-4 Push off L take a big step to R dragging L in
- &5-6 Close L next to R, cross R over L prep R & click R, make ¾ L stepping L forward (12:00)
- 7-8 Make ½ L stepping R back sweep L back (6:00)

SEC 4 BALL CHANGE, STEP, CLOSE, OUT, BACK, CROSS, HOLD, SIDE ROCK CROSS

- &1-2 Rock L back, recover R, step L forward
- 3-4 Close R next to L, hold
- Arms** 3& Bring R hand in front of chest creating heart shape, bring L hand in front of chest
- 5&6& Step out on R heel, step out on L heel, step R back, cross L over R
- 7&8& Hold, rock R to R, recover L, cross R over L

Part C

SEC 1 DIAGONAL ROCK, CLOSE, RIPPLE, CROSS, ⅛ BACK, CHASSE

- 1-2 Make ⅛ L rock L forward, recover R (10:30)
- 3-4 Close L place hands on thighs and slide them up body push your bum back and ripple up
- 5-6 Cross R over L, make ⅛ R stepping L back (12:00)
- 7&8 Step R to R, close L next to R, step R to R

SEC 2 DIAGONAL ROCK, STEP FLICK, STEP ½ PIVOT, SHUFFLE FORWARD

- 1-2 Make ⅛ R rock L forward, recover R (1:30)
- 3-4 Step L forward, flick R back straighten to the front clicking R hand over R shoulder (12:00)
- 5-6 Step R forward, pivot ½ L (6:00)
- 7&8 Step R forward, close L next to R, step R forward

Ending After 12 counts of last part c

SEC 3 STEP ½ PIVOT, ½ SHUFFLE BACK, & POINT

- 5-6 Step R forward, pivot ½ L (6:00)
- 7&8 Make ¼ L stepping R to R, close L next to R, make ¼ L stepping R back (12:00)
- &1 Step back on L, touch R toes in front point R index finger forward



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