Can't Stop This

Count: 112 **Wall:** 1 **Level:** Advanced Phrased

Choreographer: Fred Whitehouse (IRE) & Shane McKeever (IRE) - September 2025

Music: You Can't Stop This - Alex Warren

Intro: 16 counts from start of track (app. 7 secs into track). Start on the word DREAM.
Sequence: AB CC, A(32)B CC, Tag, ACC CC
Tag: Described at bottom of page

A Part: 64 counts/1 wall (the A part always starts and finishes facing 12:00)

[1 – 8] Slide R back, drag L, ball step LR, LR out out, Hold, Hold, ball cross

1 – 3	Step R a big step back (1), drag L towards R (2-3) … Arms: brings hands up to the side of your head rolling fingers in from picky to thumb 12:00
&4	Step L next to R (&), step R fwd (4) 12:00
5a	Step L to L side (5) … Arms: Look to L diagonal bringing L hand up to forehead (5), look to R diagonal bringing R hand up to forehead (a) … Note: On 3rd A, slow 'a' counts down so they are done on count '6' 12:00
6 – 7&8	HOLD (6), HOLD (7), step L next to R (&), cross R over L (8) 12:00

[9 – 16] L V-step, R heel strut, Hold, Hold, ball step RL

1 – 4	Step L to L diagonal (1), step R to R diagonal (2), step L back to centre (3), step R next to L (4) 12:00
5a	Touch L heel fwd (5), step down on L (a) … Arms: reach both arms fwd with palms facing down (5), cross arms in front of chest with hands fisted (a) … Note: On 3rd A, slow 'a' counts down so they are done on count '6' 12:00
6 – 7&8	HOLD (6), HOLD (7), step R next to L (&), step L fwd (8) 12:00

[17 – 24] Side R, kick L, ball side, ¼ L with L hitch, ¼ L fwd L, ¼ L back R, ¼ L chasse

1	Step R to R side (1) 12:00
2&3 – 4	Kick L to L diagonal (2), step L next to R (&), step R to R side (3), turn ¼ L hitching L knee (4) 9:00
5 – 6	Turn ¼ L stepping fwd on L (5), turn ¼ L stepping back on R (6) 3:00
7&8	Turn ¼ L stepping L to L side (7), step R next to L (&), step L to L side (8) 12:00

[25 – 32] Cross point, side R, behind point, ¼ L fwd L, step ½ L, ¼ L side R, together

1 – 2	Cross point R over L (1), step R to R side (2) 12:00
3 – 4	Point L behind R (3), turn ¼ L stepping L fwd (4) 9:00
5 – 6	Step R fwd (5), turn ½ L stepping down on L (6) 3:00
7 – 8	Turn ¼ L stepping R to R side (7), step L next to R (8) … Note: Go into your B part here the 2nd time you do A 12:00

[33 – 40] R&L side rock behind, R coaster step, LR skate skate

1 – 2	Press R to R side (1), recover on L and quickly cross R behind L (2) 12:00
3 – 4	Press L to L side (3), recover on R and quickly step back on L (4) 12:00
5&6	Step back on R (5), step L next to R (&), step fwd on R (6) 12:00
7 – 8	Skate L to L diagonal (7), skate R to R diagonal (8) 1.30

[41 – 48] 1/8 R side L, touch behind, ¼ R fwd, ¼ R side, behind side cross, run ¾ L

1 – 2	Turn 1/8 R stepping L to L side (1), touch R behind L (2) 3:00
3 – 4	Turn ¼ R stepping R fwd (3), turn ¼ R stepping L to L side (4) 9:00
5&6	Cross R behind L (5), step L to L side (&), cross R over L (6) 9:00
7&8	Turn ¼ L stepping L fwd (7), turn ¼ L stepping R fwd (&), turn ¼ L stepping L fwd (8) 12:00

[49 – 56] Side R, kick L, ball side, ¼ L with L hitch, ¼ L fwd L, ¼ L back R, L chasse

1	Step R to R side (1) 12:00
2&3 – 4	Kick L to L diagonal (2), step L next to R (&), step R to R side (3), turn ¼ L on R hitching L knee (4) 9:00
5 – 6	Turn ¼ L stepping fwd on L (5), turn ¼ L stepping back on R (6) 3:00
7&8	Turn ¼ L stepping L to L side (7), step R next to L (&), step L to L side (8) 12:00

[57 – 64] Cross point, side R, behind point, ¼ L fwd L, step ½ L, ¼ L side R, together

1 – 2 Cross point R over L (1), step R to R side (2) 12:00
3 – 4 Point L behind R (3), turn ¼ L stepping L fwd (4) 9:00
5 – 6 Step R fwd (5), turn ½ L stepping down on L (6) 3:00
7 – 8 Turn ¼ L stepping R to R side (7), step L next to R (8) 12:00

B Part: 32 counts/1 wall (the A part always starts and finishes facing 12:00)

[1 – 8] Side R, pop L knee in, rolling vine, with R arm wave

1 – 2 Step R to R side (1), pop L knee in towards R leg (2) 12:00
3 – 4 Recover on L (3), pop L knee in towards R leg (4) 12:00
5 – 6 Turn ¼ L stepping L fwd (5), turn ½ L stepping back on R (6) 3:00
7 – 8 Turn ¼ L stepping L to the L side starting a R arm wave from R to L (7&8) 12:00

[9 – 16] R jazz box, L cross shuffle, 1/8 R fwd R w. finger points, ¼ L, fingers cross out cross

1 – 3 Cross R over L (1), step back on L (2), step R to R side (3) 12:00
4&5 Cross L over R (4), step R to R side (&), cross L over R dipping down in knees (5) 12:00
6 – 7 Straighten in knees stepping R to R side opening body to R diagonal AND bringing both hands up at head height with both index fingers pointing up (6), turn body ¼ L to L diagonal crossing hands leaving your fingers pointing up (7) 1:30
8&1 Start moving hands downwards pushing hands to sides (8), cross hands in front of each other (&), pushing hands to sides making sure the weight is on L (1) 10:30

[17 – 24] Weave sweep, behind, ¼ R fwd, ¾ R hinge turn

2 – 4 Cross R over L (2), squaring up to 12:00 step L to L side (3), cross R behind L sweeping L to L side (4) 12:00
5 – 6 Cross L behind R (5), turn 1/8 R stepping R fwd (6) 1:30
7 – 8 Turn ½ R stepping back on L swinging R leg up (7), continue making another ½ turn swinging R leg towards 1:30 (8) 1.30

:

[25 – 32] Rock RLR, hitch L, rock LRL, clap hands X2 and hitch R

1 – 2 Rock R to R diagonal (1), recover back on L (2) 1:30
3 – 4 Rock R to R diagonal (3), hitch L knee squaring up to 12:00 (4) 12:00
5 – 6 Rock L to L diagonal (5), recover back on R (6) 1:30
7&8 Step L to L diagonal (7), square up to 12:00 & clap hands (&), clap hands and hitch R knee (8) 12:00

C Part: 16 counts/2 walls

[1 – 8] Step ½ L, R shuffle fwd, L rock fwd, out out LR, ball cross

1 – 2 Step R fwd (1), turn ½ L onto L (2) 6:00
3&4 Step R fwd (3), step L behind R (&), step R fwd (4) 6:00
5 – 6 Rock L fwd (5), recover back on R (6) 6:00
&7&8 Step L out to L side (&), step R out to R side (7), step L next to R (&), cross R over L (8) 6:00

[9 – 16] L side rock, triple full turn, R&L step touches

1 – 2 Rock L to L side (1), ½ L recovering on to R (2) 3:00
3&4 Turn ½ L stepping L fwd (3), step R next to L (&), turn ¼ L stepping L fwd (4) 6:00
5 – 6 Step R to R side (5), touch L next to R (6) … Arms: point both index fingers fwd 'You' (5), cross arms in front of chest with hands flat 'Can't' (6) 6:00
7 – 8 Step L to L side (7), touch R next to L (8) … Arms: push both arms to sides making stop signs 'Stop' (7), bring both arms in pointing with thumbs at yourself 'This'

Note: On the last C separate the thumbs point in, R thumb on &, L thumb 8 6:00

Tag 8 counts, only comes once (1st time facing 6:00, next two times it happens facing 12:00)

[1 – 8] Diagonal R press, together, diagonal L press, together

1 – 4 Press R into R diagonal (1, 2, 3), Recover on to L & step R next to L (4) …Arms: point R index fwd slowly over 3 counts 12:00
5 – 8 Press L into L diagonal (5, 6, 7), Recover on to R & step L next to R (8) …Arms: point L index fwd slowly over 3 counts 12:00