

CAN'T STOP US NOW

Level: Easy Intermediate

Genre: Rock

Artist: Pitbull and Zac Brown

Choreo: Gavin Cox gavincox2@gamilcom

Speed: Normal

Length: 3.23

Sequence: B, Chorus, A, B, Chorus, A, B, Chorus, Break, Chorus, Chorus, End

Wait: 16 Beats

Quick Cues

Part B: (32 beats)

4 Hit Step Slur

4 Rocking Chair

8 Heel Rhythm

16 REPEAT OPP FOOTWORK & DIR

Chorus: (32 beats)

4 Jump Pump Basic

4 Double Scoot (CLAP)

4 Stomp Double (1/2R)

4 Rocking Chair

16 REPEAT

Part A: (48 beats)

8 MJ Basic

8 Brush Turn Shuffle (1/2L)

8 MJ Basic

8 Brush Turn Shuffle (1/2L)

8 2 Chain (FWD)

8 Stepping Jump Out Jazz

Part B: (32 beats)

4 Hit Step Slur

4 Rocking Chair

8 Heel Rhythm

16 REPEAT OPP FOOTWORK & DIR

Chorus: (32 beats)

4 Jump Pump Basic

4 Double Scoot (CLAP)

4 Stomp Double (1/2R)

4 Rocking Chair

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Quick Cues

Part B: (32 beats)

4 Hit Step Slur

4 Rocking Chair

8 Heel Rhythm

16 REPEAT OPP FOOTWORK & DIR

Chorus: (32 beats)

4 Jump Pump Basic

4 Double Scoot (CLAP)

4 Stomp Double (1/2R)

4 Rocking Chair

16 REPEAT

Break: (32 beats)

8 2 Stepping Vine (L&R)

4 2 Basic

1 Jump (Throw Arms Up)

3 Pause

16 REPEAT

Chorus: (32 beats)

4 Jump Pump Basic

4 Double Scoot (CLAP)

4 Stomp Double (1/2R)

4 Rocking Chair

16 REPEAT

Chorus: (32 beats)

4 Jump Pump Basic

4 Double Scoot (CLAP)

4 Stomp Double (1/2R)

4 Rocking Chair

16 REPEAT

End: (1 beat)

1 Step (OTS)



Step Definitions - Can't Stop Us Now

HIT STEP SLUR:

DS H-S (XIF) DS SLR-S (XIB)
L R R L R R
&1 & 2 &3 & 4

ROCKING CHAIR:

DS BR H DS RS
L R L R LR
&1 & 2 &3 &4

HEEL RHYTHM:

(P) H (WGT) RS DS (XIB) DS (XIB) H (WGT) TT (BK) RS DS RS
L RL R L R L LR L RL
& 1 &2 &3 &4 & 5 &6 &7 &8

JUMP PUMP BASIC:

(P) JMP/JMP DR/DR SL/LIFT DS RS
L/R L/R L/R R LR
& 1 & 2 &3 &4

DOUBLE SCOOT: (In this dance, CLAP on ea SC)

DS-SC-SC RS-SC-SC
L L L RL L L
&1 & 2 &3 & 4

BASIC:

DS RS
L RL
&1 &2

STOMP DOUBLE:

(P) STO DS DS RS (CAN BE DR INSTEAD OF (P) AT START)
R L R LR
& 1 &2 &3 &4

JUMP:

(P) JMP/JMP
L/R
& 1

MJ BASIC:

DS DS (XIB) R S (OTS) (P) S (XIB) R (OTS) S RS DS RS
L R L R L R L RL R LR
&1 &2 & 3 & 4 & 5 &6 &7 &8

BRUSH TURN SHUFFLE: (In this dance, angle L on 5, angle R on 6)

DS BR H R H (WGT) PVT (1/2L) S DR/DR SL/SL DR/DR SL/SL
L R L R L R L /R L /R L /R L /R
&1 & 2 & 3 & 4 & 5 & 6

DR/DR SL/SL DR/DR LIFT/SL
L /R L /R L /R L /R
& 7 & 8

STEP:

(P) S
L
& 1

CHAIN:

DS RS RS RS (MOVE FWD BK L OR R)
L RL RL RL
&1 &2 &3 &4

STEPPING JUMP OUT JAZZ:

(P) S (P) S (XIF) (P) S (XIB) (P) S (OTS) (P) S (XIF) (P) S (XIB) (P) JMP/JMP (APART)
L R L R L R L /R
& 1 & 2 & 3 & 4 & 5 & 6 & 7

(P) JMP/JMP (TOG)
L / R
& 8

STEPPING VINE:

(P) S (OTS) (P) S (XIB) (P) S (OTS) (P) TCHH (OTS)
L R L R
& 1 & 2 & 3 & 4