

School Dance Styles

Ecole de Danse

CAN'T STOP WON'T STOP

Count: 32 Wall: 4 Level: Intermediate

Choreographer: Mark Paulino (USA) & Rob Fowler (ES) - September 2025

Music: Let The Good Times Roll – MILES

2 Restarts

16 count intro

WEIGHT SHIFT LEFT/RIGHT, DIAGONAL FORWARD LEFT SHUFFLE, DIAGONAL RIGHT SHUFFLE, ½ PIVOT TURN, ½ TURN STEP BACK DRAG

- 1 2 Weight shift from R to L slightly looking left,
weight shift from L to R slightly looking right
- 3&4 Step L diagonally forward, step R besides L, step L diagonally forward
- 5&6 Step R diagonally forward, step L besides R, step R diagonally forward
- 7&8 L steps forward, ½ turn right as you weight shift from L to R (6:00),
½ turn right with L stepping back as you drag R back towards L (12:00)

ALTERNATIVE STEPS: First two counts you can hop bump left, then right.

STYLING POINTS: Point left with right hand as you shuffle left, point right with left hand as you shuffle right.

BACK ROCK RECOVER, KNEE POP WALK X2, CROSS ROCK RECOVER, SIDE ROCK RECOVER, BEHIND SIDE CROSS

- 1 2 R rock back, recover ahead on L
- 3 4 R steps forward as L knee pop besides R, L steps forward as R knee pop besides L
- 5&6& R cross over L rock, recover on L, R side rock, recover on L
- 7&8 R cross step behind L, L side step, R cross step over L

RESTARTS: Restart on wall 2 & 5

SIDE CROSS, SIDE STEP HEEL SWIVEL, HEEL SWIVEL, SAILOR ¼ TURN, SHUFFLE ¼ WITH SIDE STEP DRAG

- &1 L side step, R cross step over L
- 2&3&4 L side step, R heel swivel in, R heel swivel back, L heel swivel in, L heel swivel back
- 5&6 R cross step behind L, ¼ turn right with L step besides R (3:00), R steps forward
- 7&8 L steps forward, R steps besides L. ¼ turn right with L side step as R drags towards L (6:00)

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SAILOR STEP, ½ TURN WITH 3 HOPS, ¼ TURN WALK/KNEE POP X2, ¼ TURN SHUFFLE

1&2 R cross step behind L, L step besides R, R side step

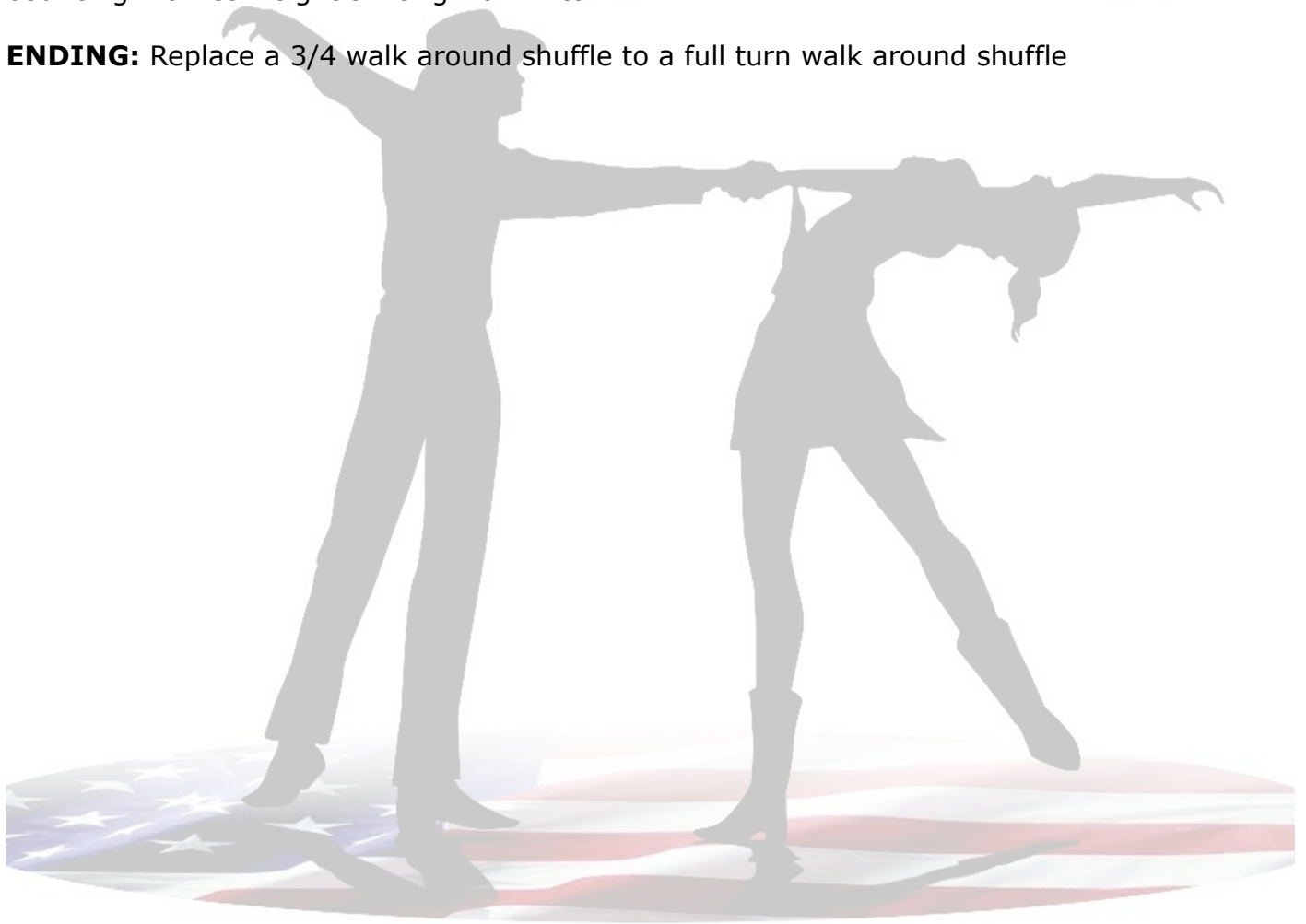
3&4 ½ turn left with 3 hops in place (12:00)

5 6 ¼ turn left with R stepping forward (L knee pop optional) (9:00), ¼ turn left with L stepping forward (R knee pop optional) (6:00)

7&8 ¼ turn left with R stepping forward, L steps besides R, R steps forward (3:00)

ALTERNATIVE STEP: You can replace the ½ turn 3 hops with a L cross toe touch behind R, bouncing 2 times weight shifting from R to L

ENDING: Replace a 3/4 walk around shuffle to a full turn walk around shuffle



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