

NOTHING IS GOING TO STOP US NOW

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RECORD: Nothing Is Going To Stop Us Now - Best of Starship, 1993, available from
walmart.com, itunes

FOOTWORK: Opposite unless noted (women's footwork in parentheses) Time: 4:08 @ 48 rpm

RHYTHM: Rumba/Cha Cha Phase: III + 1 (Alemana)

SEQUENCE: INTRO A B INTER1 A B C B(MOD) A(MOD) INTER2 END

INTRODUCTION

MEAS:

1-5 RUMBA (BFLY WALL) WAIT; TWIRL TO TAMARA WRAP; UNWRAP COH; NEW YORKER; BEGIN THRU SERPIENTE;

- (1) Wait, -, -, -;
- (2) Keep both hands joined L, R. L, -; (twirl RF under lead hands, R, L, R, -;)
- (3) Stp in place R, L, R, -; (W stp in place trng LF L, R, L, -;) to BFLY COH
- (4) Thru L to LOP RLOD, rec R trng to bfly, sd L,-;
- (5) Thru R, sd L, XRIB, flare L out;

6-9 FINISH THRU SERPIENTE; FENCE LINE; ½ BASIC; WHIP;

- (6) XLIB, sd R, thru L, flare R in;
- (7) X thru R LOD in slight lunge, rec L, sd R,-;
- (8) Fwd L, rec R, sd L,-;
- (9) Bk R trng LF keep both hnds jnd in frnt ldg W acr, rec L, sd R to BFLY COH (W fwd L, fwd fwd R trng LF, sd L,-);

PART A

1-4 RUMBA BASIC;; HAND TO HAND; HAND TO HAND;

- (1) Fwd L, rec R, sd L,-;
- (2) Bk R, rec L, sd R,-;
- (3) XLIB trng to HALF OP LOD, rec R to BFLY WALL, sd L,-;
- (4) XRIB trng to HALF OP RLOD, rec L to BFLY WALL, sd R,-;

5-8 CHASE PEEK-A-BOO;;;;

- (5)] Fwd L trng RF fc COH, rec R, cl L (W bk R, rec L, cl R),-;
- (6) Sd R looking over L shld, rec L, cl R,-;
- (7) Sd L looking over R shld, rec R, cl L,-;
- (8) Fwd R trng LF fc WALL, rec L, cl R (W fwd L, rec R, cl L),-;

9-12 NYER; UNDERARM TURN; OPEN BREAK; CUCA ;

- (9) Thru L to LOP RLOD, rec R trng to bfly, sd L,-;
- (10) XRIB raising lead hands trng W RF, rec R finish W's turn to fce, cls R, - (W XLIF trng RF under lead hands, fwd R continue turn to fce ptrn, fwd L, -;
- (11) Rk bk on L raise right hand palm in, rec on R, sd L, -;
- (12) Sd R, cls L, sd R, -;

13-17 ALEMANA;; LARIAT;; SIDE, DRAW, CLOSE;

- (13) Fwd L, recover on R, sd L (W cl R, fwd L, fwd R fcg ptrnr), -;
- (14) Bk R, recover on L, sd R (W XLIF trn R fc, fwd R cont trn, sd L to M's R sd), -;
- (15) Lead hnds jnd small sd L (fwd R around M), rec R (fwd L), cl L (fwd R to M's L sd), -;
- (16) Sd R (fwd L trng R fc), rec L (fwd R cont trn fc ptrnr), sd R (sd L to BFLY), -;
- (17) Sd L, drw R to L, cl R, -;

PART B

- 1-4 CHA CHA BASIC;; FENCE LINE; BEGIN CRAB WALKS;
(1) Fwd L, rec R, sd L/cls R, sd L;
(2) Bk R, rec L, sd R/cls L, sd R;
(3) X thru L RLOD in slight lunge, rec R, sd L/cls R, sd L;
(4) In BFLY XRIF, sd L, XRIF/sd L, XRIF;
- 5-8 FINISH CRAB WALKS; SPOT TURN; CRAB WALKS;;
(5) Sd L, XRIF, sd L/cls R, sd L;
(6) Strong XRif L trng LF, cont trn rec L toFC ptr, sd R/cl L, sd R to BFLY;
(7) BFLY WALL towards RLOD XLIF, sd R, XLIF/sd R, XLIF;
(8) Sd R, XLIF, sd R/cls L, sd R,;

PART C

- 1-4 RUMBA NEW YORKER; THRU SERPIENTE;; SPOT TURN;
(1) Thru L to LOP RLOD, rec R trng to bfly, sd L,-;
(2) Thru R, sd L, XRIB, flare L out;
(3) XLIB, sd R, thru L, flare R in;
(4) XRIF trng LF, fwd L cont trng LF, sd R to BFLY WALL,-;
- 5-8 CUCARACHA TWICE;; TWIRL TO A TAMARA WRAP; WHEEL 3;
(5) Sd L, rec R, cl L, -;
(6) Sd R, rec L, cl R
(7) Keep both hands joined L, R. L (twirl RF under lead hands, R, L, R)
(8) Wheel fwd R, L, R, -;
- 9-11 UNWIND (BUTTERFLY WALL); FENCELINE; FENCELINE IN 4;
(9) Stp in place L, R, L, -; (W stp in place trng LF R, L, R, -;) to BFLY/WALL,
(10) X thru R RLOD in slight lunge, rec L, sd L, -;
(11) X thru L LOD in slight lunge, rec R, sd L, cls R;

INTERLUDE

- 1-2 SPOT TURN; FENCE LINE;
(1) BFLY WALL towards RLOD XLIF, sd R, XLIF/sd R, XLIF;
(2) X thru L LOD in slight lunge, rec R, sd L/cls R, sd L;

PART B Modified

- 1-4 CHA CHA BASIC;; FENCE LINE; BEGIN CRAB WALKS;
(1) Fwd L, rec R, sd L/cls R, sd L;
(2) Bk R, rec L, sd R/cls L, sd R;
(3) X thru L RLOD in slight lunge, rec R, sd L/cls R, sd L;
(4) In BFLY XRIF, sd L, XRIF/sd L, XRIF;
- 5-7 FINISH CRAB WALKS; SPOT TURN; FENCELINE IN 4;
(5) Sd L, XRIF, sd L/cls R, sd L;
(6) Strong XRif L trng LF, cont trn rec L toFC ptr, sd R/cl L, sd R to BFLY;
(7) X thru L LOD in slight lunge, rec R, sd L, cls R;

PART A Modified

1-4 CHA CHA BASIC;; HAND TO HAND; HAND TO HAND;

- (1) Fwd L, rec R, sd L/cls R, sd L;
- (2) Bk R, rec L, sd R/cls L, sd R;
- (3) XLIB trng to HALF OP LOD, rec R to BFLY WALL, sd L/cls R, sd L;
- (4) XRIB trng to HALF OP RLOD, rec L to BFLY WALL, sd R/cls L, sd R;

5-8 CHASE PEEK-A-BOO;;;;

- (5) Fwd L trng RF fc WALL, rec R, fwd L/cls R, fwd L(W bk R no turn, rec L, fwd R/cls L, fwd R);
- (6) Sd R looking over L shld, rec L, cls R/sd L, cls R;
- (7) Sd L looking over R shld, rec R, cls L/sd R, cls L;
- (8) Fwd R trng LF fc COH, rec L, fwd R/cls L, fwd R (W fwd L, rec R, bk L/cls R, bk L),-;

9-12 NYER; UNDERARM TURN; OPEN BREAK; 1/2 CRAB WALK;

- (9) Thru L to LOP RLOD, rec R trng to bfly, sd L/cls R, sd L;
- (10) XRIB (W XLif comm RF trn undr jnd ld hnds), Rec L (W Rec R cont trn) tofc in BFY, Sd R/Cls L, Sd R;
- (11) Rk bk on L raise right hand palm in, rec on R, cls L/sd R, cls L;
- (12) In BFLY XRIF, sd L, XRIF/sd L, XRIF;

13-16 ALEMANA;; LARIAT;;

- (13) Fwd L, Rec R, Sd L/Cls R, Sd L;
- (14) Bk R (W XLif comm RF trn undr jnd ld hnds), Rec L (W Fwd R cont trn), Sd R/Cls L, Sd R to BFY;
- (15) Keeping lead hands joined Sd L, Rec R, CIs L/SIP R, SIP L (W circ arnd M's R sd Fwd R, Fwd L, Fwd R/Cls L, Fwd R);
- (16) Sd R, Rec L, CIs R/SIP L, SIP R (W cont circ Fwd L, Fwd R, Fwd L/Cls R, Fwd & Sd L) blnd to BFY;

INTERLUDE 2

1-2 SPOT TURN; FENCE LINE;

- (1) BFLY WALL towards RLOD XLIF, sd R, XLIF/sd R, XLIF;
- (2) X thru L RLOD in slight lunge, rec R, sd L/cls R, sd L;

END

1 FENCE LINE; CRAB WALKS;; FENCE LINE;

- (1) X thru L RLOD in slight lunge, rec R, sd L/cls R, sd L;
- (2) In BFLY XRIF, sd L, XRIF/sd L, XRIF;
- (3) Sd L, XRIF, sd L/cls R, sd L;
- (4) X thru R LOD in slight lunge, rec L, sd R/cls L, sd R;

5-9 HALF BASIC; WHIP; TWIRL TO TAMARA; CHANGE TO WRAP; LOOK AT PARTNER & HOLD;

- (5) Fwd L, rec R, sd L/cls R, sd L;
- (6) Bk R trng LF keep both hnds jnd in frnt ldg W acr, rec L, sd R/cls L, sd R to BFLY COH (W fwd L, fwd fwd R trng LF, sd L/cls R, sd L);
- (7) Keep both hands joined L, R. L/R, L, ; (twirl RF under lead hands, R, L, R/L, R;)
- (8) Stp R, stp L, stp R, -; (twirl LF under lead hands L, R, L, -, to end facing center of hall;)
- (9) Look at your partner with a smile and hold