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, XLIB, flare R 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 f wd 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, cl R , (W XLIB trng
        RF under lead hands, fwd R continue turn to fce prtnr, fwd L, -;
   (11) Rk bk on L raise right hand palm in, rec on R, sd L, -;
   (12) Sd R, cl 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 prtnr), -;
   (14) Bk R, recover on L, sd R (W XLIB 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 prtnr), 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 to FC 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 to FC 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/cls R, cls L;
   (8) Fwd R trng LF fc COH, rec L, fwd R/cls L, fwd R (W fwd L, rec L, bk L/cls R, bk L),-

9-12 NYER; UNDERARM TURN; OPEN BREAK; ½ 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/cls 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, Cls L/SIP R, SIP L (W circ arnd M's R sd Fwd R, Fwd L, Fwd R/Cls L, Fwd R);

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;
1  FENCE LINE; CRAB WALKS;; FENCE LINE;

   (1) X thru L RLOD in slight lunge, rec R, sd L/clss R, sd L;
(2) In BFLY XRIF, sd L, XRIF/sd L, XRIF;
(3) Sd L, XRIF, sd L/clss R , sd L;
(4) X thru R LOD in slight lunge, rec L, sd R/clss 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/clss R, sd L;
(6) Bk R trng LF keep both hnds jnd in frnt ldg W acr, rec L, sd R/clss L, sd R to BFLY COH (W fwd L, fwd fwd R trng LF, sd L/clss 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