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 INTER A B C B INTER2 A(Mod) INTER END

INTRODUCTION

MEAS:

1-5  RUMBA (BFLY WALL) WAIT; TWIRL TO TAMARA WRAP; WHEEL 3; UNWRAP
COH; BEGIN THRU SERPIENTE;
   (1) Wait, -, -, -;
   (2) Keep both hands joined L, R. L, -; (twirl RF under lead hands, R, L, R, -)
   (3) Wheel fwd R, L, R, -;
   (4) Stp in place L, R, L, -; (W stp in place trng LF R, L, R, -) to BFLY COH
   (5) Thru R, sd L, XRB, 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 fmt 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) XRB 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; CRAB WALK ½ ;
   (9) Thru L to LOP RLOD, rec R trng to bfly, sd L,-;
   (10) XRB 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 cont turn to fce ptrn, fwd L, -;
   (11) Rk bk on L raise right hand palm in, rec on R, cls L, -;
   (12) XRIF of L, sd L, XRIF of L, -;

13-17  ALLEMANA;; LARIAT;; SIDE, DRAW, CLOSE;
   (13) Fwd L, recover on R, sd L (W cl R, fwd L, fwd R fcs ptrn), -;
   (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 ptrn), 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/cl R, sd L;
(2) Bk R, rec L, sd R/cl L, sd R;
(3) X thru L LOD in slight lunge, rec R, sd L/cl 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 R/cl L, 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 L, XLIF;
(8) Sd R, XLIF, sd R/cl 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  WHEEL 3 MORE; UNWIND (BUTTERFLY WALL); POINT & HOLD;
(9)  Wheel fwd L, R, L, -;
(10) Fwd R, fwd L, fwd R lowering trailing hnd and unwrapping lady to BFLY/WALL,
(11) Pt L, -, -, -;

INTERLUDE

1-2  SPOT TURN; FENCE LINE;
(1) XLIF trng LF, fwd R cont trng LF, sd L to BFLY WALL,-;
(2) X thru R LOD in slight lunge, rec L, sd R,-;

INTERLUDE 2

1  QUICK SIDE, TOUCH,
(1) Stp side L, tch R,

PART A Modified

1-4  CHA CHA BASIC;; HAND TO HAND; HAND TO HAND;
(1) Fwd L, rec R, sd L/cl R, sd L;
(2) Bk R, rec L, sd R/cl L, sd R;
(3) XLIB trng to HALF OP LOD, rec R to BFLY WALL, sd L/cl R, sd L;
(4) XRIB trng to HALF OP RLOD, rec L to BFLY WALL, sd R/cl L, sd R;
5-8  CHASE PEEK-A-BOO;;;
      (5) Fwd L trng RF fc WALL, rec R, fwd L/clsl R, fwd R/W bk R no turn, rec L, fwd R/clsl 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/clsl L, fwd R (W fwd L, rec R, bk L/clsl 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/clsl R, sd L;
      (10) XRib (W XLIf comm RF trn under 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 BFY Xrif, sd L, Xrif/sd L, Xrif;

13-16  ALLEMANA;; LARIAT;;
      (13) Bk R (W XLIif comm RF trn under jnd ld hnds), Rec L (W Fwd R cont trn), Sd R/Cls L, 
            Sd R to BFY;
      (14) Keeping lead hands joined Sd L, Rec R, Csls L/SIP R, SIP L (W circ arnd M's R sd 
            Fwd R, Fwd L, Fwd R/Cls L, Fwd R);
            blind to BFY;

     END

1  FENCE LINE; THRU SERPIENTE;; FENCE LINE;
      (1) X lunge thru W w/bend knee look twd RLOD, rec R to fc ptcr, sd L,-;
      (2) Thru R, sd L, XRIB, flare L out;
      (3) XLIB, sd R, thru L, flare R in;
      (4) X lunge R, rec L, sd R, -;

5-9  HALF BASIC; WHIPI; TWIRL TO TAMARA; CHANGE TO WRAP; LOOK AT 
      PARTNER & HOLD;
      (5) Fwd L, rec R, sd L,-;
      (6) Bk R trng LF keep both hnds jnd in fmt ldg W acr, rec L, sd R to BFY COH (W fwd L, 
            fwd Fwd R trng LF, sd L),-
      (7) Keep both hands joined L, R, L, -; (twirl RF under lead hands, 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
**QUICK CUES**

**INTRO** (Bfly wall, wait drum beats) Wait; Twl to Tam wrap; wheel 3; unwrap (coh); thru serpiente;; fnc ln; ½ basic; whip (bfly wall);

**PART A** Rumba Basic;; Hnd to Hnd 2x;; Chase Peek a boo;; NYER; Underarm turn; Op Brk; Crab wk ½; Alemana;; Lariat;; Sd, drw, cls;

**PART B** Cha Basic;; Fnc ln; Crab wks;; Spot turn; Crab wks (rlod);

**INTER** Rumba Spot turn; Fnc ln;

**PART A** Rumba Basic;; Hnd to Hnd 2x;; Chase Peek a boo;; NYER; Underarm turn; Op Brk; Crab wk ½; Alemana;; Lariat;; Sd, drw, cls;

**PART B** Cha Basic;; Fnc ln; Crab wks;; Spot turn; Crab wks (rlod);

**PART C** Rumba NYER; Thru serpiente;; Spt turn; Cuca 2x;; Twirl to tam wrap; Wheel 6;; Unwind to bfly wall; Point & hold,

**PART B** Cha Basic;; Fnc ln; Crab wks;; Spot turn; Crab wk (rlod);

**INTER 2** Qk sd, tch,

**PART A (mod)** Cha Basic;; Hnd to Hnd 2x;; Chase Peek a boo;; NYER; Underarm turn; Op Brk; Crab wk ½; Alemana;; Lariat;;

**INTER** Rumba Spot turn; Fnc ln;

**END** Fnc ln; thru serpiente;; fnc ln; ½ basic; whip; Twl to Tam wrap; Change to wrap; Look @ partner & hold;