

Nothin Can Stop My 409, 409

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Improver

Choreographer: Val Saari (CAN) - August 2018

Music: 409 - The Beach Boys



WALK FORWARD (RL), MAMBO FORWARD/KICK

- 1-4 Walk forward, RF, LF
- 5-8 Rock forward on RF, Recover LF, Step back on RF, Kick LF Forward

TOE-STRUTS BACK X 2 (LR), L MAMBO BACK/FLICK PIVOT 1/4 L

- 1-2 Touch LF toes back, Drop heel
- 3-4 Touch RF toes back, Drop heel
- 5-6 LF Rock back, RF recover
- 7-8 LF close together beside R, Flick R heel up, pivot 1/4 L

RF CHARLESTON FORWARD, LF CHARLESTON BACK

- 1-4 Sweep RF toes round to touch forward, Sweep RF toes back
- 5-8 Sweep LF toes round to touch back, Sweep LF toes forward

SHUFFLE FORWARD X 2, (RLR, LRL)

- 1-4 Shuffle forward RLR, hold
- 5-8 Shuffle forward LRL, hold

REPEAT - No Tags, No Restarts

Email: valeriesaari@icloud.com - Phone: 1-905-246-5027
