

Stop The Chase!

Count: 80

Wall: 2

Level: Advanced Phrased

Choreographer: José Miguel Belloque Vane (NL), Adam Åstmar (SWE) & Ryan Hunt (UK) - June 2026

Music: Chasin' After You - O-Town



Intro: 32 counts (after 19 seconds)

Sequence: ABC, ABC, AAA, BB, CC*

Part A – 32 counts – Clock References apply from 12:00

V-Step, Heel Fans x2, 1/4 Side Rock, Recover, & Slide, Knee Pop

- 1-2 Step Forward/Out on L (1), Step Forward/Out on R (2)
- 3-4 Step L back as you fan R toes to R (3), Step R back as you fan L toes to L (4)
- 5-6& Make 1/4 L rocking L to L (5) [9:00], Recover R (6), Quickly close L next to R (&)
- 7-8 Take a big step to R as you drag L in (7), Close L next to R as you pop R knee (8)

Rock Forward, Recover, & Walk x2, 1/4 Side w/ Hip Twerk x2, 1/8 Forward, Close w/ Kick

- 1-2 Rock R forward (1), Recover L (2)
- &3-4 Quickly close R next to L (&), Walk forward L (3), Walk forward R (4)
- 5-6 Make 1/4 R stepping L to L as you roll hips anti-clockwise (5) [12:00], Roll hips anti-clockwise (6)
- 7-8 Make 1/8 R stepping R forward into diagonal (7) [1:30], Close L next to R as you kick R forward (8)

Cross, 1/8 Back, Ball Cross, Side, Hinge 1/2 Turn, Knee Pop x2, Hand Snap

- 1-2& Cross R over L (1), Make 1/8 R stepping L back (2) [3:00], Quickly close R in place (&)
- 3-5 Cross L over R (3), Step R to R (4), Make 1/2 L stepping L to L (5) [9:00]
- 6-7 Pop R knee in lifting heel off floor (6), Recover R as you pop L knee in lifting heel off floor (7)
- 8 Recover L as you snap R hand/fingers across the body looking to the L (8)

1/4 Forward, 1/2 Back, Coaster Step, Step Lock Step, & Scoot, Step

- 1-2 Make 1/4 R stepping R forward (1) [12:00], Make 1/2 R stepping L back (2) [6:00]
- 3&4 Step R back (3), Close L next to R (&), Step R forward (4)
- 5&6 Step L forward (5), Lock R behind L (&), Step L forward (6)
- &7-8 Quickly step forward on R (&), scoot/hop on L behind R as you hitch R knee (7), Step R forward (8)

Part B – 32 counts – Clock References apply from 12:00

Diagonal Rock, Recover, Lock Step Back, 1/4 Diagonal Rock, Recover, Lock Step Back

- 1-2 Make 1/8 L as you rock L forward (1) [10:30], Recover R (2)
- 3&4 Step L back (3), Cross R over L (&), Step L back (4)
- 5-6 Make 1/4 R as you rock R forward (5) [1:30], Recover L (6)
- 7&8 Step R back (7), Cross L over R (&), Step R back (8)

3/8 Forward, 1/4 Side, Sailor 1/8, Camel Walk x2, Scuff Out Out

- 1-2 Make 3/8 L stepping L forward (1) [9:00], Make 1/4 L stepping R to R (2) [6:00]
- 3&4 Cross L behind R (3), Step R in place (&), Make 1/8 L stepping L forward (4) [4:30]
- 5-6 Walk forward R as you pop L knee (5), Walk forward L as you pop R knee (6)
- 7&8 Scuff R heel forward (7), Step R to R (&), Step L to L (8)

Snake Roll x2, Side Drag, Ball Cross/Prep, 3/8 Forward, 1/2 Back w/ Sweep

- 1-2 Slightly bend your knees as you roll through R shoulder to R (1), Roll through L shoulder to L (2)
- 3-4 Push off L as you take a big step to R dragging L in (3-4)
- &5-6 Quickly close L next to R (&), Cross R over L as you prep R & click R (5), Make 3/8 L stepping L forward (6) [12:00]
- 7-8 Make 1/2 L stepping R back as you sweep L back (7-8) [6:00]

Ball Change, Step, Close w/ Heart Gesture, Out w/ Heels, Back, Cross, HOLD, Side Rock Cross

- &1-2 Quickly rock L back (&), Recover R (1), Step L forward (2)
- 3&4 Close R next to L as you bring R hand in front of chest creating the start of a heart shape (3), bring L hand in front of chest completing heart shape (&), HOLD (4)
- 5&6& Step forward/out on R heel (5), Step forward/out on L heel (&), Step R back (6), Cross L over R (&)
- 7&8& HOLD (7), Rock R to R (&), Recover L (8), Cross R over L (&)

Part C – 16 counts – Clock References apply from 12:00

Diagonal Rock, Recover, Close w/ Ripple, Cross, 1/8 Back, Chasse

- 1-2 Make 1/8 L as you rock L forward (1) [10:30], Recover R (2)
- 3-4 Close L as you place hands on thighs and slide them up body as you push your bum back and ripple up (3-4)
- 5-6 Cross R over L (5), Make 1/8 R stepping L back (6) [12:00]
- 7&8 Step R to R (7), Close L next to R (&), Step R to R (8)

Diagonal Rock, Recover, Step w/ Flick, Step 1/2 Pivot, Shuffle Forward

- 1-2 Make 1/8 R as you rock L forward (1) [1:30], Recover R (2)
- 3-4 Step L forward (3), Flick R back as you straighten to the front clicking R hand over R shoulder (4) [12:00]
- 5-6 Step R forward (5), Pivot 1/2 L (6) [6:00]
- 7&8 Step R forward (7), Close L next to R (&), Step R forward (8)

Ending – On the final C, replace the final 4 counts with the following:

Step 1/2 Pivot, 1/2 Shuffle Back, & Point

- 5-6 Step R forward (5), Pivot 1/2 L (6) [6:00]
 - 7&8 Make 1/4 L stepping R to R (7) [3:00], Close L next to R (&), Make 1/4 L stepping R back (8) [12:00]
 - &1 Quickly step back on L (&), Touch R toes in front as you point R index finger forward – “All That YOU Do” (1)
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