

CAN'T STOP THE FEELING!

Choreo: Zena & Ernie Beaulieu, 11201 Orville St, Culver City, CA 90230
(310) 390-7006, e-mail: mrernieb1@ca.rr.com
Music: "Can't Stop The Feeling by Justin Timberlake, Original Song From Dreamworks Animation "Trolls",
download time 3:56 Music modification: Cut ending at 2:50.5; fade from 2:50.255
Rhythm: Cha/Foxtrot Phase IV Speed: as downloaded
Footwork: Opposite unless indicated (W's footwork in parentheses) Difficulty: Average
Timing: 123&4 unless otherwise indicated, reflects actual weight changes Released: July 21, 2016
Sequence: Intro ABC B(mod) Int ABC B(mod) End

Intro

1-4 **Wait;; Apt Pt; Tog Tch Bfly WALL;**

1-2 Bfly WALL w/ lead feet free wait 2 meas;;
3-4 Apart L , - , pt R twd ptr , - ; tog R , - , tch L to bfly WALL , - ;

Part A (8 meas)

1-8 **Basic;; Fnc Line Twice;; Opn Brk; Crab Wks;; Spot Trn;**

1-2 {Basic} Fwd L, rec R, sd L/cl R, sd L; bk R, rec L, sd R/cl L, sd R;
3-4 {Fnc line twice} X Lun L twds RLOD, rec R, sd L/cl R, sd L; X Lun R twds LOD, rec L, sd R/cl L, sd R;
5-7 {Opn brk} Bk L, rec R, sd L/cl R, sd L; {crab wks} XRIF, sd L, XRIF/sd L, XRIF; sd L, XRif, sdL/XRIF, sd L;
8 {Spot trn} Swiveling ¼ on ball of supporting foot fwd R trng LF, rec L trng LF to fc ptr, sd R/cl L, sd R to BFLY;

B (8 meas)

1-8 **Brk Bk To Opn LOD – Fwd Triple Chas;; Aida to Bk Triple Chas;; Switch to Crab Wks [Go Rev];; Alemana CP WALL;;**

1-2 {Brk Bk to Opn Rev - Fwd Triple Chas} Trn LF keep trailing hnds in contact bk L to fc LOD, rec R trng body in twd ptr tch lead hnds, fwd L/ Ik Rib of L, fwd L; trn slightly away from ptr fwd R/ Ik Lib of R, fwd R, trn twd ptr tch lead hnds fwd L/ Ik Rib of L, fwd L;
3-4 {Aida to the Bk Triple Chas} Fwd R trn RF, sd L cont RF trn to V-bk to bk pos bk R/ Ik Lif of R, bk R; trn body slightly twd ptr bk L/ Ik Rif of L, bk L, trn to V-bk to bk pos bk R/ Ik Lif of R, bk R;
5-6 {Switch to crabwalks} Trng LF to fc ptr & bringing jnd hnds thru sd L to bfly, rec R, XLif of R/ trn LF to fc ptr sd R, XLif of R bfly; sd R, XLif, sd R/cl L, sd R WALL;
7-8 {Alemana} Fwd L, rec R, bk L/cl R, bk L lead W to trn RF under jnd lead hnds; bk R, rec L, sd R/cl L, sd R to cp WALL (*W bk R, rec L, fwd R/cl L, fwd R comm RF trn under jnd lead hnds; fwd L cont RF trn, fwd R comp RF trn to fc, sd L/cl R, sd L*);

C (Foxtrot) (8 meas)

1-8 **Whsk; Wing; Telemk SCP; In/Out Runs;; Manuv; Spin Ovrtrn Fc WALL; ½ Box Bk BFLY;**

1 {Whsk} Fwd L, - , fwd & sd R rising to ball of foot, XLIB ending in tight scp LOD;
2 {Wing} Fwd R twd LOD, draw L twd R rotating upper body LF with left sd stretch to fc DLC, tch L to R (*W fwd L comm LF, cont trn fwd R arnd M, fwd L to end in scar*);
3 {Telemk scp} Fwd L comm LF trn, - , sd R cont LF trn, sd & fwd L with R sd stretch scp DLW (*Bk R comm LF trn, - , cl L heel trn cont LF trn, sd & fwd R to scp*);
4-5 {In & out runs} Fwd R comm RF trn, - , fwd & sd L (W R between M's feet) cont trn, bk R to cbjo fcg DRC; bk L comm RF trn, - , sd & fwd R between W's feet cont trn (W sd & fwd L around M), fwd L to scp LOD;
6 {Manuv} Comm RF upper body trn fwd R, - , cont RF trn across LOD sd L cp RLOD, cl R (*W bk L comm RF upper body trn, - , cont RF trn sd R, cl L*);
7-8 {Spin ovrtrn} Comm RF upper body trn bk L toe pivoting 1/2 to fc LOD, - , fwd R btwn W's feet cont RF trn, sd & bk L end fcg WALL (*W comm RF upper body trn fwd R btwn M's feet pivoting 1/2, - , bk L toe cont trn brush R to L, comp trn sd & fwd R to cp fcg COH*); bk R, - , sd L, cl R to bfly WALL;

B(mod) (8 meas)

1-8 **Brk Bk To Opn LOD – Fwd Triple Chas;; Aida to Bk Triple Chas;; Switch to Crab Wks [Go Rev];; NYer; Spot Trn;**

1-6 Repeat Part B meas 1-6;;;;;
7 {NYer} Trng RF thru L, rec R to fc ptr in bfly, sd L/cl R, sd L;
8 {Spot trn} Swlgl LF fwd R trn, rec L trn to fc, sd R/cl L, sd R bfly WALL;

Int (4 meas)

1-4 Chase;;;:

- 1-2 {Chase} Fwd L trng RF ½, rec R, fwd L/cl R, fwd L; fwd R trng LF ½, rec L, fwd R/cl L, fwd R (*W bk R, rec L, fwd R/cl L, fwd R; fwd L trng RF ½, rec R, fwd L/cl R, fwd L;*);
- 3-4 Fwd L, rec R, bk L/cl R, bk L to low bfly WALL; bk R, rec L, fwd R/cl L, fwd R (*W fwd R trng LF ½, rec L, fwd R/cl L, fwd R; fwd L, rec R, bk L/cl R, bk L;*);

End (8+ meas)

1-8+ Start Chase w/Triple Chas to Ctr;; Peek-A-Boo Twice;; Both Trn – Triple Chas to Wall;; Fin The Chase;; Opn Brk & Hold;

- 1-2 {Start chase w/triple chas to ctr} Fwd L trng RF ½, rec R, fwd L/cl R, fwd L; fwd R/cl L, fwd R, fwd L/cl R, fwd L to tandem fcg COH;
- 3-4 {Peek-a-boo} Sd R looking ovr left shldr, rec L, cl RL/sip L, sip R; sd L looking ovr right shldr, rec R, cl L/sip R, sip L;
- 5-6 {Both trn – triple chas to Wall} Fwd R trng LF ½, rec L, fwd R/cl L, fwd R; fwd L/cl R, fwd L, fwd R/cl L, fwd R to tandem fcg WALL;
- 6-7 {Fin chase} Fwd L, rec R, bk L/cl R, bk L to low bfly WALL; bk R, rec L, fwd R/cl L, fwd R (*W fwd R trng LF ½, rec L, fwd R/cl L, fwd R; fwd L, rec R, bk L/cl R, bk L;*);
- 8 Bk L and extend right arm to the side (*bk R extending L arm to the side*), - , - , - ;

Quick Cues:

- Intro Wait;; Apt Pt; Tog Tch (Bfly);
- A Basic;; Fnc Line Twice;; Opn Brk; Crab Wks;; Spot Trn (Bfly);
- B Brk Bk To Opn – Fwd Triple Chas;; Aida to Bk Triple Chas;; Switch to Crab Wks (Go Rev);; Alemana (CP);
- C(FT) Whsk; Wing; Telemk Semi; In/Out Runs;; Manv; Spin Ovrtrn (Wall); ½ Box Bk (Bfly);
- B(mod) Brk Bk To Opn – Fwd Triple Chas;; Aida to Bk Triple Chas;; Switch to Crab Wks (Go Rev);; NYer; Spot Trn;
- Int Chase;;;;
- A Basic;; Fnc Line Twice;; Opn Brk; Crab Wks;; Spot Trn (Bfly);
- B Brk Bk To Opn – Fwd Triple Chas;; Aida to Bk Triple Chas;; Switch to Crab Wks (Go Rev);; Alemana (CP);
- C(FT) Whsk; Wing; Telemk Semi; In/Out Runs;; Manuv; Spin Ovrtrn (Wall); ½ Box Bk (Bfly);
- B(mod) Brk Bk To Opn – Fwd Triple Chas;; Aida to Bk Triple Chas;; Switch to Crab Wks (Go Rev);; NYer; Spot Trn;
- End Start Chase w/Triple Chas to Ctr;; Peek-A-Boo Twice;; Both Trn – Triple Chas to Wall;; Fin The Chase;; Opn Brk & Hold;