

# CAN'T STOP THE FEELING

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**MUSIC:** Single - Justin Timberlake "Can't Stop The Feeling" or **CD:** Trolls (Original Motion Pic Soundtrack)  
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**SEQUENCE:** Intro, A, B, C, A, B, C, Ending **FOOTWORK:** Described for M - W opp (or as noted)  
**RHYTHM:** West Coast Swing **PHASE:** VI **SPEED:** Slow to 25-26mpm **RELEASED:** January 2017

## INTRO

- 1 - 4 WAIT;; SWVL TOG DOWN UP & APT TO FACE; 2 SIDE TOUCHES w/SNAPS JOIN R HANDS;**  
---- Wait 2 meas about 3 feet apart nothing touching feet together w/lead foot free for both M FCING PTR & LOD;  
1-3- **{Swivel Tog Down Up & Apt to Face}** Soften both knees fwd L, swvl 3/8 RF as you straighten L leg & snap fingers w/both hands in front of hips to end "V" bk to bk, softening both knees fwd R, swvl LF as you straighten R leg & snap fingers w/both hands in front of hips to end fcg ptr & LOD still nothing touching & lead foot free;  
1-3- **{2 Side Touches w/Snaps}** Sd L twd COH, touch R to L as you snap fingers w/both hands in front of hips, sd R twd WALL joining R hands, touch L to R snap fingers w/L hands in front of L hip;

## PART A

- 1 - 4 FACE LOOP SUGAR PUSH w/ROCK 2;,, (HANG ON) M HOOK TURN TO HANDSHAKE,; RIGHT SIDE PASS w/TUCK & BOTH ROLL 2;,, LADY SPIN ENDING,;**  
12-4 **{Face Loop Sugar Push w/Rock 2 M Hook Turn to Handshake}** Bk L, almost cl R to L, pt L fwd as you loop joined R hands over head L hand on W's R hip, rock fwd L (fwd R, L, tap R behind L & L hand on M's R hip, rock bk R);  
123&4 Rec R, fwd L keeping R hands joined, XRIB of L trng RF/cont RF trn sd L, cont RF trn fwd & across R twd DRW, (rec L, bk R, bk to anchor L/R, L) to end in R side pass POS M FCING DRC out of slot W FCING RLOD w/R hands now low still joined;  
12-4 **{Right Side Pass w/Tuck & Both Roll 2 Lady Spin Ending}** Soft lunge fwd & sd L leading W fwd, rec R, tch L to R leading W to trn R to fc you, fwd L (fwd R, fwd L, trng ¼ LF tch R to L, trng ¼ RF fwd R twd RLOD);  
123&4 Staying outside the slot fwd R RLOD/spiral 7/8 LF on R, fwd L checking, bk to anchor R/L, R in slot (fwd L spiral 7/8 RF on L, fwd R cont RF trn, fwd L trng RF/cont RF trn cl R to L, bk L) to end LOP "V" M fcing ptr & RLOD;
- 5 - 8 SUGAR WRAP KNEE LIFT w/LADY SPIRAL & OUT TO FACE;; SIDE WHIP;;**  
12-4 **{Sugar Wrap Knee Lift w/Lady Spiral & Out to Face}** Bk L, almost cl R to L, pt L fwd as you lead W to trn RF w/lead hands now in front of W's center in mom TANDEM WRAP POS RLOD, fwd L raising joined lead hands leading W to spiral under (fwd R, fwd L trng ½ RF, lift R knee in "4" position as you push L palm to RLOD like a stop sign, fwd R spiral 7/8 LF under joined lead hands) then bring joined lead hands down low;  
123&4 Cl R to L, fwd L, bk to anchor R/L, R (fwd L, fwd R trng LF, bk to anchor L/R, L) to end LOP "V" fcing ptr & RLOD;  
12-- **{Side Whip}** Bk L, rec R across L comm RF trn, cont slight RF trn point L sd twd RLOD, hold (fwd R, fwd L trng (123&4) ½ RF, bk R/cl L to R, fwd R);  
1-3&4 Shifting weight to L using strong press line, cont to lead W fwd, bk in slot to anchor R/L, R (fwd L, fwd R trng ½ (123&4) LF, bk to anchor L/R, L) to end LOP "V" M fcing ptr & RLOD;
- 9-12 INSIDE SURPRISE WHIP;; UNDERARM TURN; BOTH HOOK TURN,, & SLOW SWVL TO FC,;**  
123&4 **{Inside Surprise Whip}** Bk L, rec R across L comm RF trn, catching W's L shoulder blade w/R hand cont RF trn sd & fwd L/rec R, sd & fwd L (fwd R, L comm trng ½ LF under joined lead hands, cont LF trn bk R/cl to R, fwd R) to momentary CP M fcing LOD;  
123&4 Leading W to trn RF fwd R flexing knee w/check action looking bk at W, rec L raising joined lead hands, anchor R/L, R (trng ½ RF on R bk L RLOD flexing knee, rec R comm RF trn under lead hands, cont RF trn anchor L/R, L) to end LOP "V" M fcg ptr & LOD;  
123&4 **{Underarm Turn}** Bk L, rec R across L comm RF trn leading W under, cont RF trn sd & fwd L/rec R, sd & fwd L (fwd R, L comm LF trn under joined lead hands, cont LF trn sd R/XLIF of R, sd & bk R);  
1&2-- **{Both Hook Turn & Slow Swivel To Face}** XRIB of L trng RF/cont RF trn in place L, cont RF trn fwd & across R twd LOD, slowly swvl ½ LF on R, (XLIF of R trng LF/cont LF trn in place R, cont LF trn fwd & across L twd RLOD, slowly swvl ½ RF on L,) leaving lead ft pting fwd twd ptr to end LOP "V" pos M fcing ptr & RLOD;
- 13-16 WHIP w/HAND CHANGE BEHIND THE BACK;; SHADOW TUCK w/LADY ROLL 2 MAN TURN TO RIGHT HANDSHAKE;**  
123&4 **{Whip w/Hand Change Behind Back}** Bk L, rec R across L comm RF trn, cont RF trn sd & fwd L/rec R, sd & fwd L folding W's R arm behind her bk (fwd R, fwd L trng RF, bk R/cl L to R, fwd R) to end mom CP M fcing LOD;

**PART A (CON'T)**

- 123&4 Using R hand take W's R hand behind her back trng ½ RF XRIB of L, fwd & sd L, bk to anchor R/L, R (fwd L trng RF, fwd R completing 1 ½ RF trn to fc M, bk to anchor L/R, L) to end w/R hands "V" pos M fcing ptr & RLOD;
- 12-4 **{Shadow Tuck w/Lady Roll 2 M Turn to R Handshake}** Bk L, rec R across L comm RF trn, leading W to trn LF cont RF trn point L sd twd RLOD to momentary shadow pos fcing COH R hands joined at about shoulder level & L hand on W's L shoulder, fwd L across slot trng RF (fwd R, fwd L, trng ¼ LF tch R to L, trng ¼ RF fwd R twd RLOD) to mom TANDEM POS LOD M BEHIND W;
- 123&4 Fwd R, fwd L, trng LF sd R/cl L to R cont LF trn, XRIF of L (fwd L spiral 7/8 RF on L, fwd R LOD cont RF trn, bk to anchor L/R, L) to end in R side pass POS M FCING DRC out of slot W FCING RLOD w/R hands joined low;

**PART B****1 - 5 RIGHT SIDE PASS LADY INSIDE TURN; INTO BOOMERANG TRIPLE TRAVEL & ROLL;:::**

- 123&4 **{Right Side Pass w/Lady Inside Turn}** Soft lunge fwd & sd L leading W fwd, rec R, in place L/R leading W for LF trn, fwd L twd W in slot (fwd R, L, fwd R comm LF trn/cl L to R cont LF trn, bk R completing 1 ½ LF trn);
- 1&234 **{Boomerang Triple Travel w/Roll}** Now w/R hand star down RLOD sd R/cl L to R, sd R trng ¼ RF, sd L trng ½ RF, sd R trng ½ RF to L hand star M fcing DRC W fcing DLW;
- 1&234 Sd L/cl R to L, sd L trng ¼ LF to R hand star M fcing DRW W fcing DLC, sd R checking, rec L trng ¼ RF to L hand star M fcing DRC W fcing DLW; **NOTE:** Now moving towards LOD.
- 1&23&4 Sd R/cl L to R, sd R trng ¼ LF to R hand star M fcing DRW W fcing DLC, sd L/cl R to L, sd L trng ¼ RF M fcing DRC W fcing DLW;
- 123&4 Sd R trng ½ RF, sd L trng 3/8 RF (sd R trng RF checking), bk to anchor R/L, R in LOP "V" pos fcing ptr & RLOD;

**6 - 8 TUMMY WHIP; w/2 HAND SURPRISE CHECK & DISCO LUNGE; LADY ROLL R TO FACE;**

- 123&4 **{Tummy Whip}** Bk L, rec R across L comm RF trn, placing R hand on W's R hip releasing joined lead hands cont RF trn sd & fwd L/rec R, sd & fwd L placing L hand on W's L hip (fwd R, L, fwd R/cl L to R, bk R) to end w/M on W's L sd both fcing LOD and both hands on W's hips;
- 1234 **{w/2 Hand Surprise Check & Disco Lunge}** Fwd R flexing knee w/check action looking bk at W, rec L, lunge sd R twd WALL looking at W, rec L (bk L RLOD checking, rec R, lunge sd L twd COH looking at M, rec R);
- 123&4 **{Finish The Whip Lady Roll R}** Trng 3/8 RF XRIB of L tugging slightly on W's R hip leading her to roll R, fwd & sd L, bk anchor R/L, R (bk L comm RF roll, fwd R cont RF roll, bk anchor L/R, L) to end LOP "V" pos M fcing ptr & RLOD;

**PART C****1 - 4 SUGAR BUMP; w/CLOSE POINT 3 & HOOK IN FRONT; UNWIND TO FACE & FWD CLOSE; QUICK SIDE BREAKS TO JOIN LEAD HANDS;**

- 12-4 **{Sugar Bump w/Close Point 3 & Hook In Front}** Bk L, rec R comm RF trn, lift L knee up & across body trng ½ RF to brush bottoms w/ptr releasing joined lead hands, fwd L RLOD trn ½ RF (LF);
- &-&-&- **{Close Point 3 & Hook In Front}** Close R to L/point L sd WALL, close L to R/point R sd COH, close R to L/point L sd WALL, small & tight XLIF of R heel down without weight to end M fcing ptr & RLOD nothing touching;
- 34 **{Unwind To Face & Fwd Close}** Unwind full turn RF (LF) on heel of lead foot and ball of trail foot, to fc ptr, small fwd L twd ptr, cl R to L to end M fcing ptr & RLOD still nothing touching;
- &1&2 **{Quick Side Breaks}** Sd L/sd R, together L under L hip/cl R to L, sd L/sd R, together L under L hip/cl R to L to
- &3&4 join lead hands M fcing RLOD;

**5 - 8 INSIDE ROCK WHIP;; w/4 CT DOUBLE OUTSIDE TRN;,, TO 2 HAND SAILOR SHUFFLES;,,,**

- 123&4 **{Inside Rock Whip}** Bk L, rec R across L comm RF trn, catching W's L shoulder blade w/Rhand cont RF trn sd & fwd L/rec R, sd & fwd L swvl ¼ RF (fwd R, L comm trng ½ LF under joined lead hands, cont LF trn bk R/cl L to R, fwd R swvl ¼ RF) to momentary CP M fcing WALL;
- 1234 Trng RF fwd R RLOD between W's feet, cont RF trn to rec bk L twd WALL, cont RF trn fwd R LOD between W's feet, rec bk L (trng RF bk L RLOD, fwd R LOD trng RF, cont RF trn bk L LOD, fwd R RLOD) to end in brief CP LOD w/lead hands now high preparing for twirl action;
- 12341&2 **{w/4 Count Double Outside Turn}** Releasing trailing arm from W trng RF XRIB of L as you lead W to trn RF under joined lead hands, cont RF trn sd & fwd L, fwd R RLOD keeping lead hands high to lead W under again, fwd L checking; Bk to anchor R/L, R (to RLOD fwd L spiral 7/8 RF under joined lead hands, fwd R, fwd L spiral 7/8 LF under joined lead hands, fwd R trng RF; bk to anchor L/R, L) to end LOP "V" pos M fcing ptr & RLOD,
- 3&41&2 **{2 Sailor Shuffles}** Ronde L CCW now joining trailing hands XLIB of R/sd R, sd L; Ronde R CW XRIB of L/sd L, sd R to end w/low double hand hold, **NOTE:** This is actually 4 ½ measures to keep the sailor shuffles together.

**PART C (CON'T)**

- 9-12 LEFT SIDE SPRING WHIP w/DOUBLE SPRING,;;;, IN IN OUT OUT \* TO R HANDSHAKE,;**  
**3412 {Left Side Spring Whip w/Double Spring}** Releasing lead hands cont LF trn XLIB of R twds COH, sd & fwd R twd RLOD cont LF trn as you lead W RF under trailing hands, cont LF trn sd L RLOD w/soft knee to OPEN COH, rec R trng slightly RF to touch lead hands (fwd R, fwd L trn ¾ RF under joined trail hands, sd R LOD w/soft knee, rec L trng slightly LF to touch lead hands) to end V-shape FCING COH & PTR lead palm to palm;  
**341&2** Trng slightly LF sd L RLOD w/soft knee to OPEN COH, rec R trng RF leading W to trn LF, catching W's L shldr blade w/R hand cont RF trn sd & fwd L/rec R, sd & fwd L (sd R LOD w/soft knee, rec L trng LF, cont LF trn sd R/cl L to R cont LF trn, fwd R) to momentary CP RLOD;  
**341&2** Trng ½ RF XRIB of L, fwd & sd L, bk to anchor R/L, R (trng ½ RF bk L, R, bk to anchor L/R, L) to end LOP "V" pos M fcng ptr & LOD;  
**&3&4 {In In Out Out to R Handshake}** Lifting slightly fwd L twd ptr/cl R to L change to R hand hold, lifting slightly bk L away from ptr/cl R to L to end w/feet together M fcng ptr & LOD w/R handshake;  
**NOTE:** \* 2<sup>nd</sup> time keep lead hands joined for the Ending by omitting R handshake cue.

**PART A****PART B****PART C****ENDING**

- 1 - 4 4 COUNT UNDERARM TURN; CHICKEN WALK 4; LEFT SIDE PASS w/INSIDE TURN,;;**  
**IN IN OUT OUT,;**  
**1234 {4 Count Underarm Turn}** Bk L, rec R across L, trng RF leading W under joined lead hands sd & fwd L in slot cl R to L (fwd R, fwd L, fwd R trng ½ LF under joined lead hands, cl L to R) to end w/feet together M fcng ptr & RLOD, ;  
**1234 {Chicken Walk 4}** Bk L, R, L, R (Fwd toeing out R, L, R, L as you raise L arm gradually to end palm out);  
**123&4 {Left Side Pass w/Inside Turn}** Bk L trng ¼ LF, bk R twd COH, raise joined lead hands in place L/R, fwd L  
**1&2** trng ¼ LF (fwd R, L comm LF trn, cont LF trn fwd & sd R/cl L to R, bk R completing 1 ½ LF trn); Anchor R/L, R (anchor L/R, L) to end LOP "V" fcng ptr & LOD,  
**&3&4 {In In Out Out}** Lifting slightly fwd L twd ptr/cl R to L, lifting slightly bk L away from ptr/cl R to L;  
**5 - 8 SUGAR TOE HEEL CROSSES;; w/TUCK & TWIRL TO HAMMERLOCK; START AN UNDERARM TURN TO QK ROCK & WRAP LUNGE FACE CENTER & LOOK;**  
**12-- {Sugar Toe Heel Crosses}** Bk L, cl R to L to BFLY, swvl RF on R/tch L toe to R instep, swvl LF on R/tch L heel fwd;  
**1--4** Swvl RF on R/XLIF of R, swvl LF on L/tch R toe to L instep, swvl RF on L/tch R heel fwd, swvl LF on L/XRIF of L;  
**-23&4 {w/Tuck & Twirl To Hammerlock}** Touch L to R tucking W in, fwd L leading W under joined lead hands, bk to anchor R/L, R (touch R to L tucking in twd M, trng ½ RF through hips fwd R twd RLOD trng ½ RF under joined lead hands to fc M, bk to anchor L/R, L) to end w/lead hands high & trail hands joined low behind W's bk;  
**123&4 {Start an Underarm Turn To Qk Rk & Wrap Center & Look}** Bk L, rec R across L comm RF trn maintaining double hand hold, cont RF trn sd & fwd L/rec R, cont trng RF as you lead W LF under lead hands lunge sd L RLOD (fwd R, L comm trng ½ LF under joined lead hands, cont LF trn sd & bk R/cont LF trn rec L, cont trng LF under lead hands again lunge sd R LOD) to WRAP POS FCING COH in lead foot lunge line and look at ptr hold;

**NOTE:** Use of the word spiral in some of the descriptions in Part A are used only to describe how to treat the turn and how much turn there is, but none of them actually end with feet in Latin Cross Position.

**NOTE:** Timing listed on side under measures refers to actual weight changes.