



CAN'T STOP THE FEELING!

Choreographers:	Release date: June 2017
Annette & Frank Woodruff	Rhythm & Phase: Cha Cha/Rumba V+1 (Rope Spin)
	Music: Justin Timberlake (or Anna Kendrick & Justin Timberlake), from DreamWorks Animation's Trolls. MP3 download from Amazon, iTunes etc.
Rue du Camp, 87 7034 Mons, Belgium Tel: 3265 73 19 40	Time & Speed: 3:57, speed unchanged
	Footwork: Opposite except where indicated (W's footwork in parentheses)
annetteandfrank@gmail.com	Sequence: Intro – ABCD – ABCD – Inter – E - D – Inter – E (1-4) - End

INTRODUCTION (Rumba)

1	Wait ;	BFLY WALL trl ft free wt 1 meas ;
2 - 3	Crab Walks ;;	XRif (W XLif), sd L, XRif (W XLif), - ; sd L, XRif (W XLif), sd L, - ;
4	Spot Turn to CP ;	Swvlg ¼ LF on ball of L ft & relg hnds fwd R turning ½ LF, rec L trng ¼ LF to fc ptr, sd R to CP WALL, - ;

PART A (Rumba)

1 - 2	Closed Hip Twist to a Fan ;;	W/ slight RF bdy trn ck sd & slightly fwd L, rec R, cl L (W trng RF ½ bk R, rec L trng LF ½, sd R small step, swivelg ¼ RF tch L), - ; bk R, rec L, cl R (W fwd L, sd & fwd R trng ½ LF, bk L leavg R xtnd fwd), - ;
3 - 4	Hockey Stick ;;	Fwd L, rec R, sm sd L raisg jnd ld hnds to form window (W cl R, fwd L, fwd R), - ; bk R, rec L, lwrng hnds strong fwd R (W fwd L, fwd R & spiral LF 5/8, bk L) to LOP-FCG DRW, - ;
5 - 6	Basic to Natural Top 3 ;;	Fwd L, rec R, sd L trng RF (W bk R, rec L, fwd R btw M's ft) to CP RLOD, - ; cont RF trn XRib, compg ¾ RF trn sd L, cl R (W sd L, fwd R btw M's ft, sd L) to CP WALL, - ;
7	Latin Whisk ;	XLib to SCP, rec R to fc ptr, sd L (W large sd R to end slightly offset to M's L preparing for underarm trn), - ;
8	Alemana Turn to BFLY ;	XRib, rec L, sd R (W fwd L & swvl ½ RF, fwd R twd WALL & swvl ¼ RF, fwd & sd L comp full RF trn) to BFLY WALL, - ;

PART B (Cha Cha)

1	Vine 2 Face to Face ;	Sd L, XRib (W XLib), sd L/cl R, trng 3/8 LF sd & fwd L to almost BK-TO-BK ;
2	Vine 2 Back to Back to OP ;	Sd R, XLib (W XRib), sd R/cl L, trng 1/8 RF sd & fwd R to OP ;
3	Sliding Door ;	Sd apt L, rec R, relg hnds & chg sd bhd W XLif/sd R, XLif (W chg sd in frnt of M XRif/sd L, XRif) to LOP LOD ;
4	Apart Recover Forward Cha ;	Sd apt R, rec L, fwd R/lk Lib, fwd R ;
5	Aida ;	Thru L, sd R to fc, trng LF bk L/lk Rif, bk L to V-BK-TO-BK DRW (W DRC) ;
6	Switch Cross ;	Trng RF to fc ptr bk & sd R, rec L to BFLY COH, XRif (W XLif)/sd L, XRif (W XLif) ;
7 - 8	Chase with Underarm Pass ;;	Fwd L trng RF ½ keepg ld hnds jnd, rec R, fwd L/cl R, fwd L (W bk R, rec L, fwd R/cl L, fwd R twd M's L sd) ; bk R raisg ld hnds ldg W to trn LF, rec L, sd R/cl L, sd R (W fwd L, fwd R trng ½ LF undr jnd ld hnds to fc ptr, sd L/cl R, sd L) to BFLY WALL ;

PART C (Rumba)

1 - 2	Alemana ... ;;	Fwd L, rec R, cl L raisg jnd ld hnds (W bk R, rec L, fwd & sd R twds M's L sd), - ; XRib, rec L, sd R (W fwd L & swvl ½ RF, fwd R twd WALL & swvl ¼ RF, fwd & sd L comp full RF trn to fc ptr & spiral 7/8 RF to end fcg M's R shoulder), - ;
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3 - 4	... Into a Ropespin to Cuddle Pos ;;	W/ ld hnds still jnd high sd L w/ partial wgt, rec R, cl L (<i>W circ RF arnd M R, L, R</i>), - ; sd R w/ partial wgt, rec L, cl R (<i>W cont circ L, R, L</i>) placg W's R hnd on own's L Shldr, - ;
5 - 7	Cuddle 3x ;;;	Sd L to ½ OP WALL & xtnd L arm to sd, rec R, cl L placg L hnd on W's bk (<i>W maintaining the CW momentum bk R trng ½ RF to ½ OP WALL & xtnd R arm to sd, rec L trng ½ LF, fwd & sd R & put R hnd on M's L shldr</i>), - ; sd R to ½ LOP WALL & xtnd R arm to sd, rec L, cl R (<i>W bk L trng ½ LF to ½ LOP WALL & xtnd L arm to sd, rec R trng ½ RF, fwd & sd L & put L hnd on M's R shldr</i>), - ; sd L to ½ OP WALL & xtnd L arm to sd, rec R, cl L (<i>W bk R trng ½ RF to ½ OP WALL & xtnd R arm to sd, rec L trng ½ LF, fwd & sd R</i>) to LCP WALL, - ;
8	Spot Turn to BFLY ;	Swvlg ¼ LF on ball of L ft & relg hnds fwd R turning ½ LF, rec L trng ¼ LF to fc ptr, sd R to mom BFLY WALL, - ;

PART D (Cha Cha)

1 - 2	Break to Triple Cha ;;	XLib (<i>W XRib</i>) trng to OP LOD, rec R, trng slightly twd ptr fwd & sd L/lk Rib, fwd L; trng slightly away from ptr fwd & sd R/lk Lib, fwd R, trng slightly twd ptr fwd & sd L/lk Rib, fwd L ;
3 - 4	Aida to Triple Back Cha ;;	Thru R, sd L trng RF to fc RLOD, bk R/lk Lif, bk R ; trng slightly twd ptr bk L/lk Rif, bk L, trng slightly away from ptr bk R/lk Lif, bk R ;
5 - 6	Switch Rock with Single Cubans ;;	Sd & bk L to fc ptr, rec R, sd L/cl R, sd L ; XRif (<i>W XLif</i>)/rec L, sd R, XLif (<i>W XRif</i>)/rec R, sd L ;
7 - 8	Spot Turn with Sailor Shuffles ;;	Swvlg ¼ LF on ball of L ft & relg hnds fwd R turning ½ LF, rec L trng ¼ LF to fc ptr, sd R/cl L, sd R to LOW BFLY WALL ; XLib (<i>W XRib</i>)/sd R, sd L, XRib (<i>W XLib</i>)/sd L, sd R ;
9 - 10	Hand to Hand with Single Cubans ;;	Swvlg sharply on ball of R ft XLib (<i>W XRib</i>) trng to OP LOD, rec R to BFLY WALL, sd L/cl R, sd L ; XRif (<i>W XLif</i>)/rec L, sd R, XLif (<i>W XRif</i>)/rec R, sd L ;
11 - 12	Fence Line with Sailor Shuffles ;;	XRif (<i>W XLif</i>) w/ bent knee, rec L, sd R/cl L, sd R; XLib (<i>W XRib</i>)/sd R, sd L, XRib (<i>W XLib</i>)/sd L, sd R ;

Repeat Parts A, B, C, D**INTERLUDE (Cha Cha)**

1 - 4	Cross Basic 2x ;;;	XLif trng ¼ LF, rec R, sd L/cl R, sd L ; XRib trng ¼ LF, rec L, sd R/cl L, sd R to BFLY COH ; Rpt meas 1-2 Interlude to BFLY WALL ;;
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PART E (Rumba)

1	Fence Line to Low BFLY ;	XLif (<i>W XRif</i>) w/ bent knee, rec R, sd L bringing arms down to Low BFLY, - ;
2	Side Walk Ending ;	Cl R, sd L, cl R, - ;
3 - 4	Full Side Walks ;;	Sd L, cl R, sd L, - ; cl R, sd L, cl R, - ;
5 - 6	With Arms Cucaracha L & R ;;	Press sd L, rec R, cl L, - ; press sd R, rec L, cl R - ; [on first cucaracha bring ld hnds up to sd, then straight up high & then down between faces, on 2 nd cucaracha do same with trl hnds]
7	Cucaracha Cross ;	In normal BFLY pos [hnds xtnd to sides] Press sd L, rec R, XLif, - ;
8	With Arms Cucaracha R ;	Press sd R, rec L, cl R - ; [bring trl hnds up high, down between faces and out to side]
9	2 Side Closes ;	Sd L, cl R, sd L, cl R ;

Repeat Part D, Interlude & Part E (1-4)**ENDING (Rumba)**

1	Side Lunge ;	Extending arms to side in wide BFLY sd L, -, -, - ;
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Justin Randall Timberlake (born January 31, 1981) is an American singer-songwriter, actor and record producer, born and raised in Tennessee. In 2013 he began performing with his band The Tennessee Kids, composed by instrumentalists and dancers. Timberlake voiced the lead character in DreamWorks Animation's *Trolls* (2016), which soundtrack includes his fifth *Billboard* Hot 100 chart-topping single, "Can't Stop the Feeling!". Among numerous awards and accolades, Timberlake is the recipient of ten Grammy Awards, four Emmy Awards, three Brit Awards, and nine *Billboard* Music Awards. *Time* named him one of the 100 most influential people in the world in 2007 and 2013. His other ventures include record label Tennman Records, fashion label William Rast, and the restaurants Destino and Southern Hospitality.

CAN'T STOP THE FEELING – WOODRUFF – RB/CH V+1 – 3:57 – JUSTIN TIMBERLAKE**INTRO (4 meas) (Rumba)**

BFLY WALL Trl Ft Free Wait 1 ; Rumba Crab Walks ;; Spot Turn to CP ;;

PART A (8 meas) (Rumba)

Closed Hip Twist to a Fan ;; Hockey Stick ;;

Basic to Natural Top 3 ;; Latin Whisk ; Alemana Turn to BFLY ;

PART B (8 meas) (Cha Cha)

Vine 2 Face to Face ; Vine 2 Bk to Bk to OP ; Sliding Door ; Apt Rec Forward Cha ; Aida ; Switch Cross ; Chase with Underarm Pass ;;

PART C (8 meas) (Rumba)

Rumba Alemana into a **Rope Spin** to Cuddle Pos ;;;

3 Cuddles ;;; Spot Turn to BFLY ;

PART D (12 meas) (Cha Cha)

Break to Triple Cha ;; Aida to Triple Back Cha ;;

Switch Rock with Single Cubans ;; Spot Turn with Sailor Shuffles ;;

Hand to Hand with Single Cubans ;; Fence Line with Sailor Shuffles to CP ;;

PART A (8 meas) (Rumba)

Rumba Closed Hip Twist to a Fan ;; Hockey Stick ;;

Basic to Natural Top 3 ;; Latin Whisk ; Alemana Turn to BFLY ;

PART B (8 meas) (Cha Cha)

Vine 2 Face to Face ; Vine 2 Bk to Bk to OP ; Sliding Door ; Apt Rec Forward Cha ; Aida ; Switch Cross ; Chase with Underarm Pass ;;

PART C (8 meas) (Rumba)

Rumba Alemana into a **Rope Spin** to Cuddle Pos ;;;

3 Cuddles ;;; Spot Turn to BFLY ;

PART D (12 meas) (Cha Cha)

Break to Triple Cha ;; Aida to Triple Back Cha ;;

Switch Rock with Single Cubans ;; Spot Turn with Sailor Shuffles ;;

Hand to Hand with Single Cubans ;; Fence Line with Sailor Shuffles ;;

INTERLUDE (4 meas) (Cha Cha)

Cross Basic 2x ;;;

PART E (9 meas) (Rumba)

Rumba Fence Line to Low BFLY ; Side Walk Ending ; Full Side Walks ;;

With arms Cucaracha L & R ;; Cucaracha Cross ; With arms Cucaracha R ;

2 Side Closes ;

PART D (12 meas) (Cha Cha)

Break to Triple Cha ;; Aida to Triple Back Cha ;;

Switch Rock with Single Cubans ;; Spot Turn with Sailor Shuffles ;;

Hand to Hand with Single Cubans ;; Fence Line with Sailor Shuffles ;;

INTERLUDE (4 meas) (Cha Cha)

Cross Basic 2x ;;;

PART E (1-4) (Rumba)

Rumba Fence Line to Low BFLY ; Side Walk Ending ; Full Side Walks ;;

ENDING (1 meas) (Rumba)

Side Lunge with arms out ;

*YouTube link: <https://www.youtube.com/watch?v=ru0K8uYEZWw>