

Can't Stop

16 count, 4 wall, Beginner level

Choreographer : Rob Fowler (UK)

Choreographed to : Can't Stop My Heart by The Cheap Seats

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- 1 Kick right foot forward
 - & Cross right foot in front of left foot
 - 2 Step left foot back
 - & Step right foot to right side
 - 3 Scuff left foot forwards
 - 4 Cross left foot in front of right

 - 5 Step right foot to right side
 - & Cross left foot behind right
 - 6 Step right foot to right side making $\frac{1}{4}$ turn right
 - & Pivot $\frac{1}{4}$ turn right
 - 7 Step left foot to left side pushing hip left
 - 8 Push hip right

 - 9 Kick left foot forward
 - & Cross left foot in front of right foot
 - 10 Step right foot back
 - & Step left foot to left side
 - 11 Scuff right foot forward
 - 12 Cross right foot in front of left

 - 13 Twist heels right turning $\frac{1}{4}$ left
 - & Twist heels left
 - 14 Twist heels right turning $\frac{1}{4}$ left
 - & Twist heels left
 - 15 Twist heels right turning $\frac{1}{4}$ left
 - & Twist heels left
 - 16 Stomp right foot turning left
 - & Stomp left foot

REPEAT

When dancing to the recommended song you will have to add 2 counts to the dance at 3 specific times. This is when the singer sings the word "heart" for an extended time. The first is when you have completed steps 7 and 8. You have to extend the count to 9 10 by adding 2 hip bumps the second and final time you have to add the extra steps is when you have executed the steps 16 &.