

Web site: www.linedancermagazine.com

E-mail: admin@linedancermagazine.com

# **Can't Stop Moving**

32 Count, 4 Wall, Improver
Choreographer: William Sevone (Sept 2008)
Choreographed to: Can't Stop Moving by Sonny J,
CD Single Mirwais Remix or Single Radio Edit/Album
(106 bpm)

Choreographers note: If using the album or radio edit version on the single, the dance will be shorter by one wall.. and finish facing 3:00 – but it does have that little something which gives it 'the edge'. Ideally suited for Advanced Beginners (new levels) or even confident, experienced Beginners. Cant apologise for the non pc section count – the rhythmic flow got to me real bad. Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'. Dance starts on the main vocals (18sec after start of intro), feet slightly apart with weight on the left.

### 2x Soft Shoe Shuffle. Walk: R-L. Soft Shoe Shuffle (12:00).

- 1& 2 (on the spot) Cross right slightly in front of left, slide left back slightly, slide right to left toe.
- 3& 4 (on the spot) Cross left slightly in front of right, slide right back slightly, slide left to right toe.
- 5 6 (small steps) Walk forward: R-L.
- 78.8 (on the spot) Cross right slightly in front of left, slide left back slightly, slide right to left toe.
- 9& 10 (on the spot) Cross left slightly in front of right, slide right back slightly, slide left to right toe.

#### 2x 1/2 Turn Monterey with Arms. Side Foot Switch-Together (12:00).

- 11 12 Touch right to right side arms out to sides. (arms in) Turn ½ right & step right next to left (6).
- 13 14 Touch left to left side arms out to sides. (arms in) Turn ½ left & step left next to right (12).
- 15& 16 Touch right to right side, step right next to left, touch left out to left side.
- & Step left next to right.

## 2x Hitch Bounce-Bwd. Coaster. 3x Jaunty Walk: L-R-L. Pivot 1/2 Right (6:00)

- 17& 18 Hitching right knee bounce twice on left turning right knee in arc to right. Step bwd onto right.
- 19& 20 Hitching left knee bounce twice on right turning left knee in arc to left. Step bwd onto left.
- 21& 22 Step back onto right, step left next to right, step forward onto right.
- 23 24 (lifting knees slightly and with small step in a jaunty fashion) Walk forward: L-R.
- 25 26 (style as 23-24) Walk forward onto left. Pivot ½ right (weight on right).

## 2x Jaunty Walk: L-R. Push Step. Triple 1&1/4 Left (3:00)

- 27 28 (lifting knees slightly and with small step in a jaunty fashion) Walk forward: L-R.
- 29 30 Push forward onto left foot. Step onto right.
- 31& 32 (on the spot) Cha Cha Cha 11/4 turn left stepping: L.R-L.

Finish: Single: Mirwais Mix - Count 32/9 (3:00). Single Radio Edit/Album: Count 32/8 (12:00)

Linedancer Magazine, 166 Lord Street, Southport, United Kingdom, PR9 0QA Tel: +44 (0)1704 392300 Fax: +44 (0)1704 501678