Can't Stand Still

Count: 48 **Wall:** 4 **Level:** Intermediate
Choreographer: Neville Fitzgerald (UK)
Music: Trackin' (Radio Edit) - Billy Crawford

TOUCH, STEP, COASTER CROSS, ROCK & ROCK & ROCK & CROSS

1-2	Touch right toe forward, step back on right
3&4	Step back on left, step right next to left, cross step left over right
5&6&	Rock right to side & slightly forward, recover on left, rock right to side & slightly forward, recover on left. (use hips & travel diagonal forward right)
7&8	Rock right to right side, recover on left, cross step right over left

& CROSS, POINT & HEEL & CROSS, FULL MONTEREY, ROCK & CROSS

&1-2	Step left to left side, cross step right over left, point left toe to left side
&3&4	Step left next to right, touch right heel forward diagonal' right, step right next to left, cross step left over right
5-6	Touch right toe to right side, make a full turn to right stepping right next to left
7&8	Rock left to left side, recover on right, cross step left over right

& CROSS, ¼ TURN LEFT, ROCK & ½ TURN RIGHT, ROCK & KICK & LEFT LOCK STEP

&1-2	Step right to right side, cross step left over right, make ¼ turn left stepping back on right
3&4	Rock back on left, recover on right, make ½ turn right stepping back on left
5&6&	Rock back on right, recover on left, kick right forward, step right next to left
7&8	Step forward on left, lock right behind left, step forward on left

ROCK ½ TURN RIGHT, ½ & ¼ TURN RIGHT, CROSS, CHASSE RIGHT, ROCK BACK & SIDE

1&2	Rock forward on right, recover on left, make ½ turn right stepping forward right
3&4	Make ½ turn right stepping back on left, ¼ turn right stepping right to right side, cross step left over right
5&6	Step right to right side, step left next to right, step right to right side
7&8	Rock left behind right, recover on right, step left to left side

TOE & HEEL & TAP TAP ¼ TURN RIGHT, LEFT MAMBO, BEHIND & TOUCH

1&2&	Touch right toe next to left heel, step back on right, touch left heel forward diagonal' left, step left next to right
3&4	Tap right toe slightly to right side, tap right toe further to right turning 1/8 to right, making another 1/8 right step forward on right (¼ right in all)
5&6	Rock forward on left, recover on right, step back on left
7&8	Step right behind left, step left to left side, touch right across left

& CROSS, ¼ TURN, STEP ¾ TURN STEP, ROCK BACK & SIDE, BEHIND & STEP

&1-2	Step right to right side, cross step left over right, make ¼ turn right stepping forward right
3&4	Step forward left, pivot ½ turn to right, ¼ turn to right stepping left to left side
5&6	Rock right behind left, recover on left, step right to right side
7&8	Step left behind right, step right to right side, step forward on left

REPEAT

RESTART
On wall 5 dance to step 16 then do 4 count tag & restart from step 1

TAG

At end of wall 1 (9:00) wall 3 (3:00) & after count 16 wall 5 (12:00)

1-4	Walk forward right-left-right-left