

Can't Stop

Count: 16

Wall: 4

Level: Beginner

Choreographer: Rob Fowler (ES)

Music: Can't Stop My Heart - The Cheap Seats



- 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 forward
- 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 &.