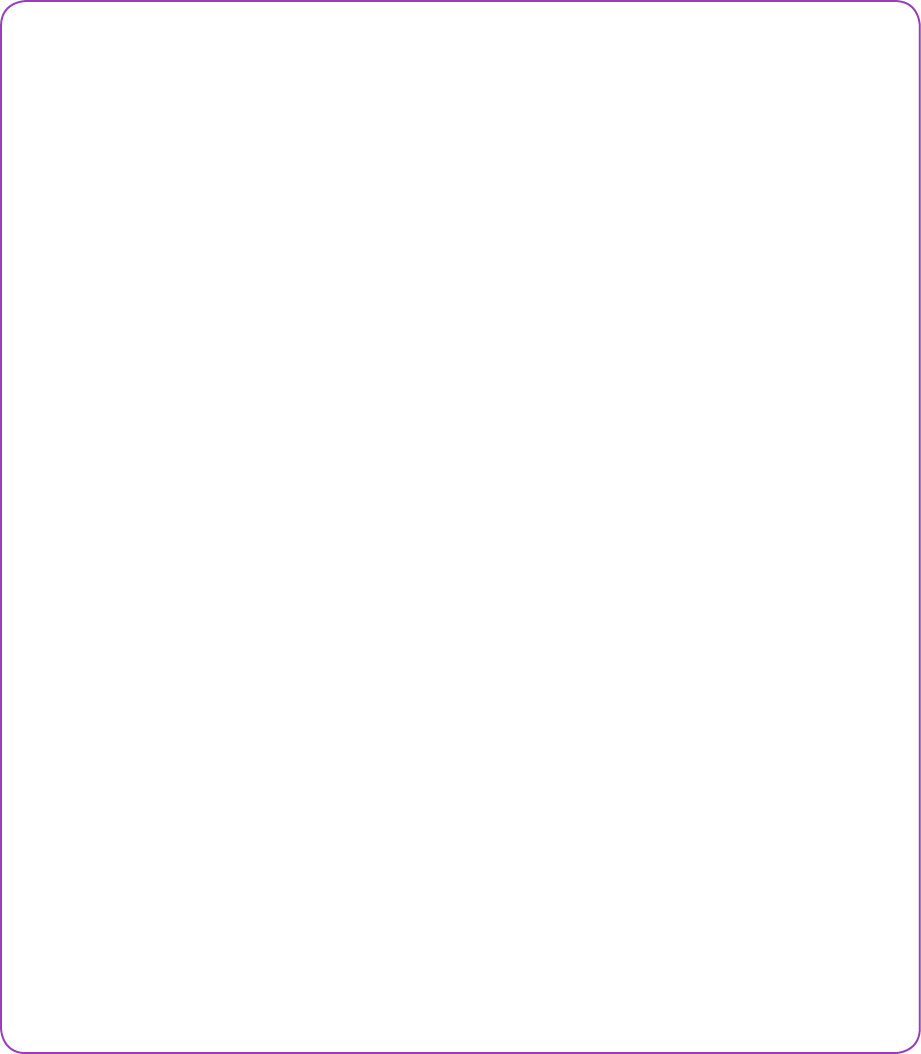
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CAN’T STOP THE FEELING**Warm-up Dance

Music by Justin Timberlake [[iTunes Link](https://itunes.apple.com/nz/album/cant-stop-feeling-original-song-from-dreamworks-animations/id1110121889)]

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| **Movement Name** | **Movement Description** | **Counts** |
| **Verse 1** | | |
| Step Together and Snap | Step to the R with the R foot, touch the L foot in and snap your fingers | 1-2 |
| Step to the L with the L foot, touch the R foot in and snap your fingers | 3-4 |
| Repeat | 5-6  7-8 |
| Touch in Front | Touch the R foot out in front or heel tap, step it back in | 1-2 |
| Touch the L foot out in front or heel tap, step it back in | 3-4 |
| Repeat | 5-6  7-8 |
| *Repeat Step Together and Snap* | | |
| *Repeat Touch in Front* | | |
| Shimmy | Shimmy to the R (toes pivot to the R, heels pivot to the R, toes pivot to the R) while arms point R, L, R | 1-&-2 |
| Shimmy to the L (toes pivot to the L, heels pivot to the L, toes pivot to the L) while arms point L, R, L | 3-&-4 |
| Repeat | 5-&-6  7-&-8 |
| Cross Behind and Swing | Step to the R with the R foot, cross the L foot behind, step to the L with the L foot, cross the R foot behind | 1-2-3-4 |
| Jump both feet out shoulder-width. Place hands on knees and swing upper body from L to R | 5-6-7-8 |
| *Repeat Shimmy* | | |
| *Repeat Cross Behind and Swing* | | |
| Hair Sweeps | Touch the R foot out in front while pretending to sweep your hair back with the R hand, step it back in | 1-2 |
| Touch the L foot out in front while pretending to sweep your hair back with the L hand, step it back in | 3-4 |
| Repeat | 5-6  7-8 |
| Swipe to the Side | With feet wider than shoulder-width, bend knees and use R arm to make a big swiping motion to the R | 1-2 |
| With feet wider than shoulder-width, bend knees and use L arm to make a big swiping motion to the L | 3-4 |
| Repeat | 5-6  7-8 |
| *Repeat Hair Sweeps* | | |
| *Repeat Swipe to the Side* | | |
| **Chorus** | | |
| Half Grapevine and Hip Swings | Step to the R with the R foot, step behind with the L foot, step to the R with the R foot, jump and clap | 1-2-3-4 |
| Swing hips and dance from side to side | 5-6-7-8 |
| Step to the L with the L foot, step behind with the R foot, step to the L with the L foot, jump and clap | 1-2-3-4 |
| Swing hips from side to side | 5-6-7-8 |
| Repeat | 1-2-3-4-5-6-7-8  1-2-3-4-5-6-7-8 |
| Rock and Boogie | Step to the front diagonal with the R, touch the L foot in. While doing this, lean the upper body forward and circle the fists around one another | 1-2 |
| Step to the back diagonal with the L, touch the R foot in. While doing this, lean the upper body backward and circle the fists around one another | 3-4 |
| Repeat | 5-6  7-8 |
| Chug in a circle | Use the right foot to slowly pivot your body around in a complete circle while pulling the right fist down. One “chug” and “pull” per beat. | 1-2-3-4-5-6-7-8 |
| **Repeat Verse 1** | | |
| **Repeat Chorus (add an extra Rock and Boogie and Chug in a Circle to fill the music)** | | |
| Step Together and Groove | Step to the R with the R foot and point your thumbs to the R, touch the L foot in | 1-2 |
| Step to the L with the L foot and point your thumbs to the L | 3-4 |
| Repeat 3 times | 5-6  7-8  1-2-3-4-5-6-7-8 |
| Body Bounce | With feet wider than shoulder-width, punch the R arm in front and the L arm behind and pulse 2 times | 1-2 |
| Punch the L arm in front and the R am behind and pulse 2 times | 3-4 |
| Repeat 3 times | 5-6  7-8  1-2-3-4-5-6-7-8 |
| Stop signs | Raise your R hand up like a stop sign, raise your L hand up like a stop sign | Lyric: “I can’t stop the, I can’t stop the” |
| Turn | Turn in a quick circle while waiving arms overhead | Lyric: “I can’t stop the feeling” |
| **Repeat Chorus (add an extra Rock and Boogie and Chug in a Circle to fill the music)** | | |
| Step Together and Clap | Step to the R with the R foot, touch the L foot in and clap your hands overhead | 1-2 |
| Step to the L with the L foot, touch the R foot in and clap your hands overhead | 3-4 |
| Repeat | 5-6  7-8 |
| *Melt down to the ground to finish the song!* | | |

