

ACTIVITY CARD

CAN'T STOP THE FEELING

Warm-up Dance

Music by Justin Timberlake [[iTunes Link](#)]

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
<i>Repeat Step Together and Snap</i>		
<i>Repeat Touch in Front</i>		
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
<i>Repeat Shimmy</i>		

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 arm 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
<i>Melt down to the ground to finish the song!</i>		