

Can't Stop It

Choreographed by: **DJ Dan & Wynette Miller** (March 2006)

Music: **Can't Stop My Heart - Tight Rope** by Brooks & Dunn. 109 bpm.

Partner dance, 32 counts, beginner, Start position Right side-by-side. Same footwork.

Intro 32 counts

STEP FWD WITH HIP BUMPS, SHUFFLE FWD; X2

1-2 Step right forward bump hips forward. Bump hips back.

3&4 Shuffle forward stepping right, left, right.

5-6 Step left forward bump hips forward. Bumps hips back.

7&8 Shuffle forward stepping left, right, left.

ROCK STEP FWD, TRIPLE 1/4 TURN; ROCK STEP FWD, CHASSE

1-2 Rock right forward. Recover weight onto left.

3&4 Triple 1/4 turn right stepping right, left, right. **OLOD**

“Indian position”

5-6 Rock left forward. Recover weight onto right.

7&8 Step left to left side. Step right next to left. Step left to left side.

ROCK STEP FWD, CHASSE 1/4 TURN; ROCK STEP FWD, COASTER STEP

1-2 Rock right forward. Recover weight onto left.

3&4 Step right to right side. Step left next to right. Step right 1/4 turn right. **RLOD**

“Left side-by-side position”

5-6 Rock left forward. Recover weight onto right.

7&8 Step left back. Step right next to left. Step left forward.

STEP FWD, 1/2 PIVOT, SHUFFLE FWD; WALK, WALK, SHUFFLE FWD

1-2 Step right forward. Pivot 1/2 turn left.

“Right side-by-side”

3&4 Shuffle forward stepping right, left, right **LOD**

5-6 Step left forward. Step right forward. ***

7&8 Shuffle forward stepping left, right, left

***** Option Lady: Let go left hand, raise right hand**

5-6 Make 1/2 turn right step left back. Make 1/2 turn right step right forward.

Begin again and have fun.