

CAN'T STOP THE WCS



Choreographers: Paul & Linda Robinson, 14471 South 4050 Rd, Oologah, OK 74053

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Music:

Single - Justin Timberlake "Can't Stop The Feeling" or

CD: Trolls (Original Motion Pic Soundtrack) – Download from Amazon –
Silence 2 Second Before Song Starts - Faded Music at 2:44.3

Phase:

IV+2 (Sugar Bump, Side Whip) – Rhythm: West Coast Swing

Footwork:

Opposite unless otherwise noted – Standard West Coast Timing

Sequence: Intro – A – B – C – A – B – C

Released: September, 2017

INTRO

1-4 2 Measure Wait ;; 4 Cross Points Together ;;

(8 to 10 Feet Apart – Man FC Partner & Line - Lead Feet Free – 2 Measure Wait) ;;

{4 Cross Points Together} XLif of R, pnt R, XRif of L, pnt L ; XLif of R, pnt R, XRif of L, pnt L ;

PART A

1-6 Sugar Push ~ Tuck & Twirl ;; Underarm Turn ~ Left Side Pass ;;

{*Sugar Push*} Bk L, sm bk R, tch L, fwd L ; [Anchor] bk R / rec L, bk R, (Fwd R, fwd L, tap R in bk, rk bk R ; [Anchor] bk L / rec R, bk L,)

{*Tuck & Twirl*} Bk L, sm bk R ; Tap L, fwd L, [Anchor] bk R / rec L, bk R, (W Fwd R, fwd L slight RF trn ; tch R to L, trn RF undr jnd ld hnds fwd R spinning RF to FC partner, bk L / rec R, bk L,) FC LOD ;

{*Underarm Turn*} Bk L, raising jnd ld hnds & ldng W to pass on M's R sd XRif of L to W's R sd comm RF trn, sd L / cls R, sd & fwd L compl 1/2 RF trn ; Small bk R / rec fwd L, bk R, (Fwd Rt, fwd L comm LF trn, sd R cont trn / XLIF cont trn, bk R compl 1/2 LF trn to FC prtnr [French Cross] ; Small bk L / rec fwd R, bk L,) FC RLOD

{*Left Side Pass*} Bk L comm LF trn, sm bk R out of slot completing 1/4 LF trn leading W to pass On M's L sd ; Sd L / cl R, fwd L trng 1/4 LF, anchor bk R / rec L, bk R (Fwd R, fwd L comm LF trn ; Sd R / XLif, bk R completing 1/2 trn to fc M (French Cross), bk L / rec R, bk L) FC LOD ;

7-10 Wrapped Whip ;; Sugar Bump With Arms Up & Anchor – Side Break 4 ;;

{*Wrapped Whip*} Bk L joining trl hnds, XRif of L trng RF to W's R sd raising jnd L hnds and leaving jnd R hnds low, sd L LOD/ rec R trng RF, sd & fwd L (Fwd R, fwd L, fwd R/cl L, bk R) to wrapped pos RLOD W slightly to R of M ; XRif of L trng RF raising jnd R hnds and keeping L hnds low allowing W to bk under R hnds, fwd L cont RF to fc ptr & LOD, bk R / rec L, bk R, (Bk L und R hnds, bk R, L/R, L joining ld hnds) FC LOD ;

QQ-Q Q&Q {*Sugar Bump Arms Up*} Bk L, rec R comm RF trn 1/4, lift L knee up cont RF trn tchng L hip to W's R hip cont to trn RF rllng bttms, releasing ld hnds fwd L cont RF trn to FC prtnr jng ld hnds ; R / L, R, (Fwd R, fwd L comm LF trn, lift R knee up cont LF trn tch R hip to M's L hip cont to trn LF rllng bttms, releasing ld hnds fwd R cont LF trn to FC prtnr jng ld hnds ; Small bk L / rec fwd R, bk L,)

a3a4 {*Quick Side Breaks*} Sd L / sd R, stp undr bdy L / cls R FC LOD ;

11-13 Left Side Pass Overturned - Lady Turn (To FC) – Hold ;; 2 Slow Chicken Walks ;

{*Left Side Pass*} Bk L comm LF trn, small bk R out of the slot comp 1/4 LF trn ldg W to pass M's L sd, sd L/cls R, fwd L trng 1/4 LF; Small bk R with toes trnd out & instep cls to heel of L/recvr slightly fwd L, slightly bk R, (Fwd R, fwd L comm LF trn, sd R cont trn/crss L in frnt cont trn, bk R compltg 1/2 LF trn to FC prtnr [French Cross] ; Comm 1/2 LF turn with a triple L/R L) both FC RLOD

{*Lady Turn To FC*} Stng on R ld W with L hnd trn wrist to the L, - hold, -

(On L ft swivel RF To FC prtnr, -, hold, -) ;

{*2 Slow Chicken Walks*} Bk L, -, bk R, - (Fwd R, -, Fwd L, -) ;

14-16 Underarm Turn ~ Tuck & Spin ;;

{*Underarm Turn*} Bk L, raising jnd ld hnds & ldng W to pass on M's R sd XRif of L to W's R sd comm RF trn, sd L / cls R, sd & fwd L compl 1/2 RF trn ; Small bk R / rec fwd L, bk R, (Fwd Rt, fwd L comm LF trn, sd R cont trn / XLIF cont trn, bk R compl 1/2 LF trn to FC prtnr [French Cross] ; Small bk L / rec fwd R, bk L,) FC LOD

{*Tuck & Spin*} Bk L, sm bk R ; Tap L, fwd L, R/L, R (W Fwd R, fwd L slight RF trn ; tch R to L, trn RF undr jnd ld hnds fwd R spinning RF to FC partner, anchor L/R, L) FC LOD ;

PART B

1-4 Wrapped Whip With 2 Sweethearts ;;;

{*Wrapped Whip With 2 Sweethearts*} Bk L, XRif of L trng RF to W's R while raising jnd L hnds and leaving jnd R hnds low, sd & fwd L / rec R trng RF, sd L (Fwd R, fwd L, fwd R / cl L, bk R) to wrapped pos RLOD W slightly to R of M ; [*Sweethearts*] With loose hnd hold & looking at ptr rk fwd R, rec L, sd R / cl L, cl R sliding bhd W ; Rk fwd L, rec R, sd L / cl R, sd L sliding bk to W's L sd (Looking at ptr rk bk L, rec R, sd L / cl R, sd L ; Rk bk R, rec L, sd R/cl L, sd R) ; XRib of L trng RF raising jnd R hnds & keeping L hnds low allowing W to bk under R hnds, fwd L cont RF to fc ptr, anchor R / L, R (Bk L und R hnds, bk R, Bk L / Rev R, Rec L Id hnds jnd) FC LOD ;

5-8 Twirl Vine In 3 & Touch ; Rev Twirl Vine 3 & Touch ; Sugar Push – Kick Ball Change ;;

{*Twirl Vine In 3*} To COH sd L, XRiB of L, sd L, tch R (Sd R, XLiB of R, sd R, tch L) ;
{*Twirl Vine Out 3*} To Wall sd Rm XLiB of R, sd R, tch L (Sd L, XRiB of L, sd L, tch R) ;
{*Sugar Push*} Bk L, sm bk R, tap L fwd, fwd L ; Anchor R / L, R, (W Fwd R, fwd L, tap R, Take wght onto R ; Bk L / Rec R, Bk L,) ;
{*Kick Ball Change*} Kck L fwd / cl L on ball of ft, sip R (Kck R fwd / cl R on ball of ft, sip L) FC LOD ;

PART C

1-5 Side Whip ;; Man's Underarm Turn ~ Underarm Turn ;;

{*Side Whip*} Bk L, rec R trng 1/4 RF to "L" pos, point L sd twd LOD, hold ; Hold, fwd L leading W to fc, Bk R / Fwd L, Bk R to LOP LOD (Fwd R, fwd L trng 1/2 RF, bk R/cl L, fwd R ; Fwd L, fwd R trng 1/2 LF, Bk L / Rec R, Bk L) FC LOD ;
{*Man's Underarm Turn*} Bk L, fwd & sd R twd W's L sd raising jnd Id hnds comm RF trn, sd L cont trn / bck & sd R compltng 1/2 RF trn, fwd L ; Small bk R / rec L, bk R, (Fwd R, fwd L comm LF trn, sd R cont trn / XLiF cont trn, bk R compltng 1/2 LF trn to FC prtnr (French Cross) ; Small bk L / rec R, bck L,) FC RLOD
{*Underarm Turn*} Bk L, raising jnd Id hnds & ldng W to pass on M's R sd XRif of L to W's R sd comm RF trn ; Sd L / cls R, sd & fwd L compl 1/2 RF trn, small bk R / rec L, bk R (Fwd R, fwd L comm LF trn ; Sd R cont trn / XLiF cont trn, bk R compl 1/2 LF trn to FC prtnr (French Cross) , small bk L / rec R, bk L) FC LOD ;

6 – 9 Passing Tuck & Spin ~ Underarm Turn Overturned ;;; 2 Slow Swivels ;

{*Passing Tuck & Spin*} Bk L comm 1/4 LF trn, sm bk R out of slot completing trn, tap L to R, fwd L leading W to trn RF ; Bk R/Fwd L, Rec R (Fwd R, fwd L trng L FC, Tch R to L, trng RF fwd R trng RF 1/2 ; Bk L/Fwd R, Rec L) FC RLOD ;
{*Underarm Turn Overturned*} Bk L, raising jnd Id hnds & ldng W to pass on M's R sd XRif of L to W's R sd comm RF trn, sd L / cls R, sd & fwd L compl 1/2 RF trn ; Small bk R / rec fwd L, bk R, (Fwd R, fwd L comm LF trn, sd R cont trn / XLiF cont trn, bk R compl 1/2 LF trn to FC prtnr [French Cross] ; Cont LF trn small bk L / rec fwd R, bk L,) both FC LOD
{*2 Slow Swivel*} Trn W to FC sd L swvl RF, -, sd R swvl LF, - (Sd R swvl LF, -, sd L swvl RF, -) to FC ;

10-12 Sugar Push (LF Turn) Both FC RLOD – Right Hands ~ Right Side Pass ;;

{*Sugar Push – Both FC RLOD*} Bk L, sm bk R, tch L, fwd L ; Comm LF trn anchor bk R / rec L, bk R jn R hnds FC RLOD, (Fwd R, fwd L, tap R in bk, rck bk R ; Anchor bk L / rec R, bk L,) ;
{*Right Side Pass*} Fwd L, small bk R ldng W to pass ; Fwd L compl 1/4 LF trn / cls R, fwd L, small bk R / rec L, bk R (Fwd R, fwd L comm LF trn ; Sd R cont trn / XLiF cont trn, bk R complt 1/2 LF trn to FC prtnr [French Cross], small bk L / rec R, bk L) FC RLOD ;

PART A

1-6 Sugar Push ~ Tuck & Twirl ;;; Underarm Turn ~ Left Side Pass ;;

{*Sugar Push*} Bk L, sm bk R, tch L, fwd L ; Anchor bk R / rec L, bk R, (Fwd R, fwd L, tap R in bk, rck bk R ; bk L / rec R, bk L,) FC RLOD
{*Tuck & Twirl*} Bk L, sm bk R ; Tap L, fwd L, bk R / rec L, bk R, (W Fwd R, fwd L slight RF trn ; tch R to L, trn RF undr jnd Id hnds fwd R spinning RF to FC partner, anchor step) FC RLOD ;
{*Underarm Turn*} Bk L, raising jnd Id hnds & ldng W to pass on M's R sd XRif of L to W's R sd comm RF trn, sd L / cls R, sd & fwd L compl 1/2 RF trn ; Small bk R / rec fwd L, bk R, (Fwd R, fwd L comm LF trn, sd R cont trn / XLiF cont trn, bk R compl 1/2 LF trn to FC prtnr [French Cross] ; Small bk L / rec fwd R, bk L,) FC LOD
{*Left Side Pass*} Bk L comm LF trn, sm bk R out of slot completing 1/4 LF trn leading W to pass

On M's L sd ; Sd L / cl R, fwd L trng ¼ LF, anchor bk R / rec L, bk R (Fwd R, fwd L comm LF trn ; Sd R / XLif, bk R completing ½ trn to fc M [French Cross], anchor bk L / rec R, bk L) FC RLOD ;

7-10 Wrapped Whip ;; Sugar Bump With Arms Up & Anchor – Side Break 4 ;;

{Wrapped Whip} Bk L joining trl hnds, XRif of L trng RF to W's R sd raising jnd L hnds and leaving jnd R hnds low, sd L LOD/ rec R trng RF, sd & fwd L (Fwd R, fwd L, fwd R/cl L, bk R) to wrapped pos RLOD W slightly to R of M ; XRib of L trng RF raising jnd R hnds and keeping L hnds low allowing W to bk under R hnds, fwd L cont RF to fc ptr & RLOD, anchor R/L, R (Bk L und R hnds, bk R, anchor L/R, L joining ld hnds) FC RLOD ;

QQ-Q Q&Q {Sugar Bump Arms Up} Bk L, rec R comm RF trn 1/4, lift L knee up cont RF trn tchng L hip to W's R hip cont to trn RF rllng bttms, releasing ld hnds fwd L cont RF trn to FC ptrnr jng ld hnds ; anchor R / L, R, (Fwd R, fwd L comm LF trn, lift R knee up cont LF trn tchng R hip to M's L hip cont to trn LF rllng bttms, releasing ld hnds fwd R cont LF trn to FC ptrnr jng ld hnds ; anchor L / R, L,)

a3a4 {Quick Side Breaks} Sd L / sd R, stp undr bdy L / cls R FC RLOD ;

11-13 Left Side Pass Overturned - Lady Turn (To FC) – Hold ;; 2 Slow Chicken Walks ;

{Left Side Pass} Bk L comm LF trn, small bk R out of the slot complt 1/4 LF trn ldg W to pass M's L sd, sd L/cls R, fwd L trng 1/4 LF; Small bk R with toes trnd out & instep cls to heel of L/recvr slightly fwd L, slightly bk R, (Fwd R, fwd L comm LF trn, sd R cont trn/crss L in frnt cont trn, bk R compltg 1/2 LF trn to FC ptrnr (French Cross) ; Comm 1/2 LF turn with a triple L/R L) both FC LOD

{Lady Turn To FC} Stng on R ld W with L hnd trn wrist to the L, - hold, -

(On L ft swivel RF To FC ptrnr, -, hold, -) ;

{2 Slow Chicken Walks} Bk L, -, bk R, - (Fwd R, -, Fwd L, -) ;

14-16 Underarm Turn ~ Tuck & Spin ;;;

{Underarm Turn} Bk L, raising jnd ld hnds & ldng W to pass on M's R sd XRif of L to W's R sd comm RF trn, sd L / cls R, sd & fwd L compl 1/2 RF trn ; Small bk R / rec fwd L, bk R, (Fwd Rt, fwd L comm LF trn, sd R cont trn / XLIF cont trn, bk R compl 1/2 LF trn to FC ptrnr (French Cross) ; Small bk L / rec fwd R, bk L,) FC RLOD

{Tuck & Spin} Bk L, sm bk R ; Tap L, fwd L, anchor R/L, R (W Fwd R, fwd L slight RF trn ; tch R to L, trn RF undr jnd ld hnds fwd R spinning RF to FC partner, anchor L/R, L) FC RLOD ;

PART B

1-4 Wrapped Whip With 2 Sweethearts ;;;

{Wrapped Whip With 2 Sweethearts} Bk L, XRif of L trng RF to W's R while raising jnd L hnds and leaving jnd R hnds low, sd & fwd L / rec R trng RF, sd L (Fwd R, fwd L, fwd R / cl L, bk R) to wrapped pos RLOD W slightly to R of M ; [Sweethearts] With loose hnd hold & looking at ptr rk fwd R, rec L, sd R / cl L, cl R sliding bhd W ; Rk fwd L, rec R, sd L / cl R, sd L sliding bk to W's L sd (Looking at ptr rk bk L, rec R, sd L / cl R, sd L ; Rk bk R, rec L, sd R/cl L, sd R) ; XRib of L trng RF raising jnd R hnds & keeping L hnds low allowing W to bk under R hnds, fwd L cont RF to fc ptr & RLOD, anchor R / L, R (Bk L und R hnds, bk R, anchor L / R, L ld hnds jnd) FC RLOD ;

5-8 Twirl Vine Out 3 & Touch ; Rev Twirl Vine 3 & Touch ;

Sugar Push – Kick Ball Change ;;

{Twirl Vine Out 3} To Wall sd L, XRiB of L, sd L, tch R (Sd R, XLiB of R, sd R, tch L) ;

{Twirl Vine In 3} To COH sd Rm XLiB of R, sd R, tch L (Sd L, XRiB of L, sd L, tch R) ;

{Sugar Push} Bk L, sm bk R, tap L fwd, fwd L ; Anchor R / L, R, (W Fwd R, fwd L, tap R, take wght onto R ; Anchor L / R, L,) FC RLOD

{Kick Ball Change} Kck L fwd / cl L on ball of ft, sip R (Kck R fwd / cl R on ball of ft, sip L) FC RLOD ;

PART C

1-5 Side Whip ;; Man's Underarm Turn ~ Underarm Turn ;;;

{Side Whip} Bk L, rec R trng 1/4 RF to "L" pos, point L sd twd RLOD, hold ; Hold, fwd L leading W to fc, anchor R / L, R to LOP LOD (Fwd R, fwd L trng ½ RF, bk R/cl L, fwd R ; Fwd L, fwd R trng ½ LF, anchor L / R, L) FC RLOD ;

{Man's Underarm Turn} Bk L, fwd & sd R twd W's L sd raising jnd ld hnds comm RF trn, sd L cont trn / bck & sd R compltng 1/2 RF trn, fwd L ; Small bk R / rec L, bk R, (Fwd R, fwd L comm LF trn, sd R cont trn / XLiF cont trn, bk R compltng 1/2 LF trn to FC ptrnr [French Cross] ; Small bck L / rec R, bk L,) FC LOD

{Underarm Turn} Bk L, raising jnd ld hnds & ldng W to pass on M's R sd XRif of L to W's R sd comm RF trn ; Sd L / cls R, sd & fwd L compl 1/2 RF trn, small bk R / rec L, bk R

(Fwd R, fwd L comm LF trn ; Sd R cont trn / XLiF cont trn, bk R compl 1/2 LF trn to FC prtnr [French Cross] , small bk L / rec R, bk L) FC RLOD ;

6 – 9 Passing Tuck & Spin ~ Underarm Turn Overturned ;;; 2 Slow Swivels :

{*Passing Tuck & Spin*} Bk L comm 1/4 LF trn, sm bk R out of slot completing trn, tap L to R, fwd L leading W to trn RF ; anchor R/L, R (Fwd R, fwd L trng L FC, Tch R to L, trng RF fwd R trng RF ½ ; anchor L/R, L) FC LOD ;

{*Underarm Turn Overturned*} Bk L, raising jnd ld hnds & ldng W to pass on M's R sd XRiF of L to W's R sd comm RF trn, sd L / cls R, sd & fwd L compl 1/2 RF trn ; Small bk R / rec fwd L, bk R, (Fwd R, fwd L comm LF trn, sd R cont trn / XLiF cont trn, bk R compl 1/2 LF trn to FC prtnr (French Cross) ; Cont LF trn small bk L / rec fwd R, bk L,) both FC RLOD

{*2 Slow Swivel*} Trn W to FC sd L swvl RF, -, sd R swvl LF, - (Sd R swvl LF, -, sd L swvl RF, -) to FC ;

10-12 Sugar Push (LF Turn) Both FC Line – Right Hands ~ Right Side Pass – Point ;;;

{*Sugar Push – Both FC Line*} Bk L, sm bk R, tch L, fwd L ; Comm LF trn anchor bk R / rec L, bk R jn R hnds FC LOD, (Fwd R, fwd L, tap R in bk, rck bk R ; Anchor bk L / rec R, bk L,)

{*Right Side Pass*} Fwd L, small bk R ldng W to pass ; Fwd L compl 1/4 LF trn / cls R, fwd L, small bk R / rec L, bk R (Fwd R, fwd L comm LF trn ; Sd R cont trn / XLiF cont trn, bk R complng 1/2 LF trn to FC prtnr [French Cross], small bk L / rec R, bk L) FC LOD pnt ld ft COH ;

NOTE: Fade Music Out

CAN'T STOP THE WCS



Choreographers: Paul & Linda Robinson, 14471 South 4050 Road, Oologah, OK
Phase: IV+2 (Side Whip, Sugar Bump) – West Coast Swing – 8 to 10 Feet Apart –
Man FC Partner & Line – Lead Feet Free – 2 Measure Wait ;;

Sequence: Intro – A – B – C – A – B – C

Released: September, 2017

INTRO

2 Measure Wait ;; 4 Cross Points Together ;;

PART A

Sugar Push ~ Tuck & Twirl (FC Line) ;;; Underarm Turn – Left Side Pass (FC Line) ;;;
Wrapped Whip ;; Sugar Bump With Both Arms Up & Anchor – Quick Side Break 4 ;;
Left Side Pass Overturned - Lady Turn (To FC) – Hold - (FC RLOD) ;;
2 Slow Chicken Walks ; Underarm Turn ~ Tuck & Spin (FC Line) ;;;

PART B

Wrapped Whip With 2 Sweethearts (FC Line) ;;;; Twirl Vine In 3 (COH) & Touch ;
Reverse Twirl Vine 3 (Wall) & Touch ; Sugar Push With A Kick Ball Change (FC Line) ;;

PART C

Side Whip ;; Man's Underarm Turn ~ Underarm Turn (FC Line) ;;;
Passing Tuck & Spin ~ Underarm Turn Overturned (FC Line) ;;; 2 Slow Swivels ;
Sugar Push – Man LF Turn - Both FC Reverse ~ Right Side Pass (FC RLOD) ;;;

PART A

Sugar Push ~ Tuck & Twirl (FC RLOD) ;;; Underarm Turn – Left Side Pass (FC RLOD) ;;;
Wrapped Whip ;; Sugar Bump With Both Arms Up & Anchor – Quick Side Break 4 ;;
Left Side Pass Overturned - Lady Turn (To FC) – Hold - (FC Line) ;;
2 Slow Chicken Walks ; Underarm Turn ~ Tuck & Spin (FC RLOD) ;;;

PART B

Wrapped Whip With 2 Sweethearts (FC RLOD) ;;;; Twirl Vine Out 3 (Wall) & Touch ;
Reverse Twirl Vine 3 (COH) & Touch ; Sugar Push With A Kick Ball Change (FC RLOD) ;;

PART C

Side Whip ;; Man's Underarm Turn ~ Underarm Turn (FC RLOD) ;;;
Passing Tuck & Spin ~ Underarm Turn Overturned (FC RLOD) ;;; 2 Slow Swivels ;
Sugar Push – Man Turn LF - Both FC Line ~ Right Side Pass – (FC Line) - Point ;;;

NOTE: Fade Music Out