

## Can't Stop

Choreographed by Rob Fowler

Description: 16 count, 4 wall, beginner line dance

Music: **Can't Stop My Heart** by The Cheap Seats [[Call It What You Will](#)]

- 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 forwards
- 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 &.