

DEVELOPING PHYSICAL LITERACY THROUGH DANCE – [WWW.DANCEPL3Y.COM](http://WWW.DANCEPL3Y.COM)

## DANCEPL3Y CHOREO: CAN'T STOP THIS FEELING

SONG NAME: I CAN'T STOP THIS FEELING by JUSTIN TIMBERLAKE

MUSIC	MOVE	TEACHING
0:00	POSE AND SNAP	POSE. NOW CHANGE YOUR POSE. CHANGE IT AGAIN. DO SOMETHING DIFFERENT WITH YOUR ARMS. YOU CAN'T GET THIS WRONG! YOU LOOK AWESOME
0:25	321-CLAP	WALK 321-CLAP. EVERY TIME YOU CLAP, CLAP SOMEWHERE DIFFERENT AROUND YOUR BODY
0:42	ARM WAVE	ARM WAVE 4-3-2-OTHER WAY. 4-3-2-SWITCH. BIG ARMS, SMALL STEPS.
0:59	JUMP COMBO	JUMP COMBO! 3-2-1- CLAP, 3-2-1-CLAP. AGAIN! NOW PIVOT 3-2-1-SWITCH, OTHER WAY! LEAP IT SIDE SIDE FREEZE. SIDE SIDE FREEZE
1:16	SHAKE UP/DOWN AND PUSH 4	SHAKE IT UP AND DOWN NOW PUSH UP 4 TIMES. SHAKE IT UP, AND DOWN AND PUSH-PUSH-PUSH-PUSH
1:25	321-CLAP	WALK 321-CLAP. 321-CLAP. EVERY TIME YOU CLAP – I WANT TO SEE YOU REACH SOMEWHERE DIFFERENT WITH YOUR CLAP. DANCE IT!
1:41	321-HIGH 5	CHANGE THE CLAP INTO A HIGH-5. WALK WALK WALK HIGH 5. 321 HIGH 5. YOU'VE GOT IT! GIVE SOMEONE ELSE A HIGH FIVE! SMILE AT THEM!
1:58	ARM WAVE	ARM WAVE 4-3-2-OTHER WAY. 4-3-2-SWITCH. BIG ARMS, SMALL STEPS.
2:16	JUMP COMBO	JUMP COMBO! 3-2-1- CLAP, 3-2-1-CLAP. AGAIN! NOW PIVOT 3-2-1-SWITCH, OTHER WAY! LEAP IT SIDE SIDE FREEZE. SIDE SIDE FREEZE
2:32	SHAKE UP/DOWN AND PUSH 4	SHAKE IT UP AND DOWN NOW PUSH 4 TIMES. SHAKE IT UP, AND DOWN AND PUSH ANYWHERE YOU WANT. SHAKE UP SHAKE DOWN AND PUSH 4-3-2-1.
2:49	POSE AND SNAP	EVERYBODY POSE. CHANGE YOUR POSE! TRY LIFTING YOUR LEG. SHOW ME A BALANCING POSE. POSE, DO IT AGAIN, YOU CAN'T GET IT WRONG
3:09	JUMP COMBO	JUMP COMBO! 3-2-1- CLAP, 3-2-1-CLAP. AGAIN! NOW PIVOT 3-2-1-SWITCH, OTHER WAY! LEAP IT SIDE SIDE FREEZE. SIDE SIDE FREEZE
3:26	SHAKE UP/DOWN AND PUSH 4	SHAKE IT AND PUSH IT! 4-3-2-1. YOU KNOW IT! NOW DANCE IT!
3:42	POSE AND SNAP	EVERYBODY POSE. NOW CHANGE IT. YOU LOOK AWESOME!

TAG AND TWEET YOUR CLASS AS THEY GET ACTIVE WITH DANCE!

**@DANCEPL3Y #BUBBLEOF AWESOME**