

Can't Stop the Feeling (Film Version)

Choreography

Music play time 3:56

Starting direction: facing the solar system mural

Intro (0:00 - 0:07)

Freestyle

“I got this feeling inside my bones” (0:08)

- Step touch front/back and snap
- Hand motion like Snoop Dogg's Drop It Like It's Hot but to the side
- 8X

“And if you want it inside your soul” (0:16)

- Change direction and face the sun/clock
- Step touch front/back and snap
- 7X

“I got that sunshine in my pocket” (0:24)

- Grapevine with shoulder swipe
- starting first step on “sunshine”
- step/cross/step shoulder swipe
- 3X

“When it drops, ooh” (0:31)

- Step touch side/side and shimmy/squat on “ooh”

“I can't take my eyes up off it, moving so phenomenally” (0:33)

- Grapevine with shoulder swipe
- 4X

“Under the lights when everything goes” (0:42)

- Turn and face the puppet stage “back wall”
- Freestyle

“So just imagine, just imagine, just imagine” (0:54, 0:56, 0:58)

- Break everyone into three groups and have them turn back and face “front” (solar system mural) in 3 rounds on “just imagine”

“Nothing I can see but you but when you dance, dance, dance” (0:59)

- Side to side step/touch with forward/backward arm motions “rope arms”
- 1-2-dance-dance-dance (3 sets)

“And ain’t nobody leaving soon, so keep dancing” (1:11)

- 1-2-3-4-”dance” (front arm push)-dance (front arm push)-dance (front arm push)
- 1-2-3-4-”dance” (front arm push)-dance (front arm push)-dance (front arm push)

“Ooh, it’s something magical” (1:25)

- Step touch front/back and snap
- 8X

“I don’t need no reason, don’t need control” (1:32)

- Change direction and face the sun/clock
- Step touch front/back and snap
- 7X

‘Cause I got that sunshine in my pocket (1:40)

- Grapevine with shoulder swipe
- starting first step on “sunshine”
- step/cross/step shoulder swipe
- 3X

“When it drops, ooh” (1:47)

- Step touch side/side and shimmy/squat on “ooh”

“I can’t take my eyes up off it, moving so phenomenally” (1:49)

- Grapevine with shoulder swipe
- 4X

“And Under the lights when everything goes” (1:57)

- Turn and face the puppet stage “back wall”
- Freestyle

“So just imagine, just imagine, just imagine” (2:11)

- Divide group in half into two lines
- Have participants take turns doing a dance train
- While participants wait for their turn they can touch step & do the arm pump while they wait

Dance train (2:11 - 3:08)

“Nothing I can see but you but when you dance, dance, dance” (3:09)

- Side to side step/touch with forward/backward arm motions “rope arms”
- 1-2-”dance” (front arm push)-dance (front arm push)-dance (front arm push) (3 sets)

“And ain’t nobody leaving soon, so keep dancing” (3:21)

- 1-2-3-4

“Got this feeling in my body” (3:26)

- Drop it like it’s hot and slowly stand up

“Break it down” (3:42)

- Chicken wings step-punch with elbow
- 7X

“Come on ooh” (3:50)

- Jazz hands