

CAN'T STOP THE MUSIC

Music: Mira Quien Baila Orquesta
<https://www.amazon.de/> Cd 2 Track#1 Time 3:35
Shortened from 2:30 to 3:165 & Slowed Down w/ -6 % to Time 3:03
Available from choreographer

Rhythm: Cha Cha & Rumba Phase: IV+1 (OP Hip Twist) + Several U

Footwork: Opposite except where (Noted)

Release Date: Aug 18

Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium

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Sequence: INTRO AB AB AB (9-14) END



INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT 4 MEASURES ; ; ; ;

{Wait} BFLY pos WALL ld ft free wt 4 meas ; ; ; ;

PART A

01-04 ALEMANA INTO A LARIAT/M TURN TO FACE ; ; ; SIDE WALK HALF ;

{Alemana Into a Lariat/M trn to Fc} Fwd L, rec R, sm sd L/cl R, sd L (*W cl R, fwd L, fwd R/ik Lib, fwd R trng RF to fc M*) ; Raisg jnd ld hnds XRib, rec L, sd R/cl L, sd R (*W trng RF undr jnd hnds fwd L & swvl RF, fwd R & swvl RF, fwd L/ik Rib, fwd L*) to end W slightly offset twd M's R sd ; Sd L, rec R, ipl L, R, L swvlg ½ LF to fcg COH (*W circ cw arnd M fwd R, fwd L, fwd R/ik Lib, fwd R trng RF to fc ptr*) to BFLY COH ; {Sd Walk ½} Sd R, cl L, sd R/cl L, sd R ;

05-08 REVERSE UNDERARM TURN ; CRABWALKS ; ; SPOT TURN ;

{Reverse Underarm Turn} To LOD Raisg jnd ld hnds XLif w/ slight RF bdy trn, rec R, sd L/cl R, sd L (*W full LF trn undr jnd hnds XRif, rec L, fwd & sd R/cl L, sd R*) to BFLY COH ; {Crab Walks} XRif (*W XLif*), sd L, XRif (*W XLif*)/ sd L, XRif (*W XLif*) ; Sd L, XRif (*W XLif*), sd L/cl R, sd L ; {Spot Turn} XRif (*W XLif*) trng ½ LF, rec L contg to trn to fc ptr, sd R/cl L, sd R ;

09-12 CHASE w/ UNDERARM PASS ; ; NEW YORKER TWICE ; ;

{Chase w/ Underarm Pass} Fwd L trng RF ½ keepg ld hnds jnd w/ palm upwards, rec R, fwd L/cl R, fwd L (*W bk R, rec L, fwd R/cl L, fwd R twd M's L sd*) ; Bk R raisg ld hnds, rec L, sd R/cl L, sd R (*W fwd L, fwd R trng ½ LF undr jnd ld hnds to fc ptr, sd L/cl R, sd L*) to BFLY WALL ; {New Yorker x 2} Thru L to LOP RLOD, rec R to fc, sd L/cl R, sd L ; Thru R to OP LOD, rec L to fc, sd R/cl L, sd R ;

13-16 TO REVERSE AIDA ; SWITCH CROSS ; TWIRL/VINE 2 & CHA ; SPOT TURN ;

{Aida to RLOD} Thru L RLOD, comm LF trn sd R to fc rel ld hnds & jn trl hnds, trng LF bk L/ik Rif, bk L LOD to V BK-TO-BK ; {Switch Cross} Sd & bk R trng to fc ptr, rec L to BFLY WALL, lookg LOD XRif (*W XLif*)/sd L, XRif (*W XLif*) ; {Twirl Vine 2 & Cha} Raise lead hnds & release trail hnds sd L, XRib, sd L/cl R, sd L (*W fwd R begin RF twirl, cont twirl fwd L to BFLY, sd R/cl L, sd R*) ; {Spot Turn} Repeat meas 8 Part A to BFLY WALL ;

PART B

01-04 SPRING BREAK ; M ACROSS/W INSD TURN to L-POS ; SLINGSHOT CROSS BODY ; W OUT to BFLY WALL ;

{Spring Break} Rk fwd twd Wall L, rec R, anchor Lib of R/rec R, push off R to lunge sd LOD L (*W rk bk R, rec L, fwd twd M R/cl L while swvling ¼ RF to fc LOD, push off L to sit bk on R*) to end M fcg Wall and W fcg LOD w/ l d hnds jnd low while looking at ptr ; {M Across/W Insd Turn to "L" Pos} Fwd R twd Wall stepping acrs frnt of W while trng ¼ RF to fc RLOD, sd L trng ¼ RF to fc COH while raising jnd ld hnds, chasse sd LOD R/L, R checking sideward movement and catching W in R arm (*W fwd LOD L, fwd R trng ½ LF undr jnd ld hnds, bk LOD L/ik Rif of L, bk L*) to "L" position w/ M fcg COH and W fcg RLOD ; {Slingshot Cross Body} Lunge sd RLOD L looking at ptr, rec R, chasse sd RLOD L/R, L (*W bk & sd R LOD trng hips slightly RF, rec L to fc RLOD, fwd RLOD R/ik Lib of R, fwd R*) ; {W Out to FC} Sm bk R comm to trn LF like a Slip Pvt, sm fwd L cont trn to fc Wall, chasse sd RLOD R/L,R (*W fwd L comm LF trn, fwd & sd R cont trn to fc COH, chasse sd & bk L/cl R, sd & bk L*) to BFLY WALL ;

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05-08 OP HIP TWIST ; TO A FAN ; START STOP & GO INTO CROSS BODY ; ;

{OP Hip Twist} Chk fwd L, rec R, small bk L/cl R, bk L pushing arm forward gently to turn W (*W rk bk R, rec L, fwd R/fwd L, fwd R swivel ¼ RF on right*) ; **{To a Fan}** Bk R, rec L, small sd R/cl L, sd R slight LF rotation twd W (*W fwd L, fwd R turn ½ LF, bk L/lk Rif, bk L*) to L-pos ; **{Start Stop & Go Into Cross Body}** Fwd L, rec R, sd L/cl R, sd L lead W trn LF under ld hnds (*W cl R, fwd L, fwd R/XLib, fwd R quick LF trng under ld hnds fc LOD*) ; Bk R comm LF to CP, rec L cont LF trn, sd R/cl L, sd R (*W fwd L comm LF turn to CP, sd R cont LF turn, sd L/cl R, sd L*) to BFLY COH ;

09-12 SPRING BREAK ; M ACROSS/W INSD TURN to L-POS ; SLINGSHOT CROSS BODY ;

W OUT to COH & r-hndshk ;

{Spring Break} Repeat meas 1 Part B ; **{M Across/W Insd Turn to "L" Pos}** Repeat meas 2 Part B ; **{Slingshot Cross Body}** Repeat meas 3 Part B ; **{W Out to r-hndshk COH}** Repeat meas 4 Part B to r-hndshk COH ;

13-16 TRADE PLACES TWICE ; ; TRADE PLACES/W INSIDE UNDERARM TURN ; W OUT to WALL ;

{Trade Places x 2} [In r-hndshk] Rk apt L, rec R relg hnds & trng ¼ RF to fc LOD (*W trn LF*), slide bhd W sd L/cl R reachg L hnd to W's left forearm & slidg hnd dwn her arm, sd L trng ¼ RF (*W ¼ LF*) to l-hndshk ; Apt R, rec L relg hnds trng ¼ LF to fc LOD (*W trn RF*), slidg bhd W sd R/cl L reachg R hand to W's R forearm & slidg hnd dwn her arm, sd R trn ¼ LF (*W ¼ RF*) to fc WALL in r-hndshk ; **{Trade Places/W Insd Undrm Turn}** Apt L, rec R comm to pass R shldr while trng ½ RF to fc WALL, bk L/lk Rib, ipl L (*W apt R, rec L, fwd R spiralg 7/8 LF undr jnd R hnds/cl L, ipl R fcg WALL*) releasing hands ; **{W Out to WALL}** Rk apt R, rec L, fwd R/lk Lib, ipl R (*W fwd L twd WALL, fwd R comm LF trn, sd L cont LF trn to fc COH/cl R, ipl L*) to BFLY WALL [**3th TIME** r-hndsk WALL] ;

ENDING

01-04 SHADOW NEW YORKER ; UNDERARM TURN ; TO REVERSE RUMBA AIDA Chkg ; RUMBA AIDA & EXTEND ;

{Shad New Yorker} With r-hndsh Thru L (*W thru R*) trng ¼ RF to SD-BY-SD to RLOD w/ R hnds jnd in front of bdies & L hnds xtnd to sd at shld level, rec R, sd L/cl R, sd L ; **{Underarm Turn}** Raisg jnd r-hnds XRib, rec L to fc ptr, sd R/cl L, sd R (*W XLif trng RF undr jnd hnds, rec R contg RF trn, sd L/cl R, sd L*) to mom BFLY WALL ; **{Rumba Aida to RLOD Checkg}** Xg ld hnds ovr trl hnds to RLOD thru L, sd R trng LF, bk L contg LF trn to "V" bk to bk pos checking, - ; **{Rumba Aida & Extend}** Thru R, sd L trng RF, bk R cont RF trn to V-bk-to-bk pos RLOD extendg free arms upwards, - ;