CAN’T STOP THE WCS

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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

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 ;;;
{Tuck & Twist} 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 compi 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 compi 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 ½ LF trn leading W to pass On M’s L sd ; Sd L / cl R, Fwd L trng ½ 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), 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 tri 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 ; XrRof 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 ;
{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 rlng btms, 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 rlng btms, releasing ld hnds fwd R cont LF trn to FC prtnr jng ld hnds ; Small bk b L / rec fwd R, bk L,) {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) ;;  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/cl L, 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 Faded [French Cross] ; Comm 1/2 LF turn with a triple L/R L both FC RLOD ;
{Lady Turn To FC} Stndng on R ld W with L hnd trn wrist to the L (On L ft swivel RF To FC prtnr) ;
{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 compi 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 compi 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 ;

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**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 R LOD 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 & LOD, anchor R / L, R (Bk L und R hnds, bk R, Bk L / Rev R, Rec L Id hnds jnd) ;

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, XLI of R, sd R, tch L) ; *(Twirl Vine Out 3)* To Wall sd Rm XLI 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 LOD L / rec R (Rd R, XLI of L, fwd R ; Fwd L, fwd R trng 1/2 LF, Bk L / Rec R, Bk L) ; *(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 / XLI cont trn, bk R compltng 1/2 LF trn to FC ptrnr (French Cross) ; Small bk L / rec R, bck L,) FC LOD ; *(Underarm Turn)* Bk L, raising jnd Id hnds & Idng 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 / XLI cont trn, bk R compl 1/2 LF trn to FC ptrnr (French Cross) ; Cont LF trn small bk L / rec fwd R, bck 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 ;

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 compltng trn, tap L to R, fwd L leading W to trn RF ; Bk R/Fwd L, Rec R (Fwd R, fwd L trng FC, Tch R to L, trng RF fwrd R trng RF 1/2 ; Bk L/Fwd R, Rec L) FC LOD ; *(Underarm Turn Overturned)* Bk L, raising jnd Id hnds & Idng 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 / XLI cont trn, bk R compl 1/2 LF trn to FC ptrnr (French Cross) ; Cont LF trn small bk L / rec fwd R, bck 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 Line – Right Hands ~ Right Side Pass ;;;**

   *(Sugar Push – Both FC Line)* Bk L, sm bk R, tch L, fwd L ; Comm LF trn anchor bk R / rec L, bk R 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 Idng 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 / XLI cont trn, bk R compl 1/2 LF trn to FC ptrnr (French Cross), small bk L / rec R, bk L) FC LOD ;
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)

(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 ld hnds fwr spin RF tf partner, anchor step) FC RLOD

(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 compi 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 compi 1/2 LF trn to FC ptrnr [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 compi 1/2 LF trn leading W to pass On M's L sd; Sd L / cl R, fwd L trng 1/2 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], 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 ld 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 (Sugar Bumps 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 rlng btms, releasing ld hnds fwr 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 rlng btms, releasing ld hnds fwr cont LF trn to FC ptrnr jng ld hnds ; anchor L / R, L)

{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) ~** **2 Slow Chicken Walks ~**

(Light Side Pass) Bk L comm LF trn, small bk R out of the slot compi 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 heol of L/recvr slightly fwd L, slightly bk R. (Fwd R, fwd L comm LF trn, sd R cont trn/crs L in fnr cont trn, bk R compi 1/2 LF trn to FC ptrnr [French Cross];) Comm 1/2 LF turn with a tripple L/R L both FC LOD

(Lady Turn To FC) Stdgng on R ld W with L hnd trn wrst to the L (On L ft swivel RF To FC ptrnr)

{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 compi 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 compi 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 spin 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 fwr R, rec L, sd R / cl L, cl R slrdng bhd W ; Rk fwd L, rec R, sd L / cl R, sd L slrdng 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 / R (Bk L und R hnds, bk R, anchor L / R, L) lid hnds jnd);

5-8 **Twirl Vine Out 3 & Touch ~ Rev Twirl Vine 3 & Touch ~**

Sugar Push – Kick Ball Change ~

(Sugar Vine Out 3) To Wall sd L, XRIB of L, sd L, tch R (Sd R, XLIB of R, sd R, tch L);

(Sugar 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 / R, R, (W Fwd R, fwd L, tap R, take wght onto R; Anchor L / R, L)

{Kick Ball Change} Kck L fwr / cl L on ball of ft, sip R (Kck R fwr / 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);
   (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 / XLIIF cont trn, bk R compltng 1/2 LF trn to FC prtnr [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 / XLIIF 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 / XLIIF 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 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 / XLIIF cont trn, bk R compltng 1/2 LF trn to FC prtnr [French Cross] , small bk L / rec R, bk L) Pnt ld ft COH ;

NOTE: Fade Music Out