

Can't Stop My Heart

Choreographed by : Ingemar Kardeskog

Description : 32 count, 2 wall, beginner cha cha line dance

Musique : « Can't Stop My Heart » by Brooks & Dunn [109 bpm]

Start dancing on lyrics

I-SIDE, BREAK, RECOVER, SIDE TRIPLE, BREAK, RECOVER, BASIC FORWARD

1 Step right to side

2-3 Cross/rock left over right, recover to right

4&5 Step left to side, & close right beside left, step left to side

6-7 Rock right back, recover to left

8&1 Step right forward & close left beside right, step right forward

II-TURN 1/4 RIGHT, CROSS TRIPLE, SWAY TWICE, CHASSE

2-3 Step left forward, turn 1/4 onto right

4&5 Step right to side & cross left across right, step right to side

6-7 Sway to right side, sway to left side (weight on left on count 7)

8&1 Step right to side & close left beside right, step right to side

III-BREAK, RECOVER, TRIPLE 1/2 TURN, BREAK, RECOVER, 1/4 CHASSE TURN

2-3 Rock left back, recover to right

4&5 Turn 1/4 stepping left to left side & close right beside left, turn 1/4 stepping left forward

6-7 Rock right forward, recover to left

8&1 Turn 1/4 right and step right to right side & close left beside right, step right to side

IV-STEP 1/2 TURN, BASIC FORWARD, BREAK, RECOVER, SIDE, TOGETHER

2-3 Step left forward, turn 1/2 right (weight to right)

4&5 Step left forward & close left beside right, step left forward

6-7 Cross/rock right over left, recover to left

8& Step right to side & close left beside right

REPEAT