

# Can't Stop The Feeling

Competition Step Sheet

**DIVISION: Rugrats**

Description: 32 Counts, 2 Walls, Non-Country  
Choreographer: Marie McBrien  
Music: Shout Out To My Ex by Little Mix  
Album: Now That's What I Call Music! 95  
Count-in: 32 Count Intro  
Note: There is a restart on Wall 5. See below.



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## **1-8 Step Touch x4**

1,2 Step RF to R side, Touch LF behind RF  
3,4 Step LF to L side, Touch RF behind LF  
5,6 Step RF to R side, Touch LF behind RF  
7,8 Step LF to L side, Touch RF behind LF

\*Restart here on Wall 5

## **9-16 Hip Bumps to R, Hip Bumps to L**

1,2,3,4 Step RF to R side (1) bump hips to R (2,3,4) keep weight on RF  
5,6,7,8 Step LF to L side (5) bump hips (6,7,8) keep weight on LF

## **17-24 Diagonal Step Touches x4**

1,2 Step RF to R diagonal, touch LF beside RF  
3,4 Step LF to L diagonal, touch RF beside LF  
5,6 Step RF to R diagonal, touch LF beside RF  
7,8 Step LF to L diagonal, touch RF beside LF

## **25-32 Walks Back x3, Close, 1/2 Pivot Turn, Jumps x2**

1,2,3,4 Walk back RF, LF, RF, close LF beside RF  
5,6 Step forward on RF, pivot 1/2 turn L  
7,8 2 x jumps with feet together

Begin again ☺