

# CAN'T STAND STILL

LINEDANCE.COM

**Count:** 48

**Wall:** 4

**Level:** intermediate

**Choreographer:** Neville Fitzgerald

**Music:** Trackin' (Radio Edit) by Billy Crawford

## **TOUCH, STEP, COASTER CROSS, ROCK & ROCK & ROCK & CROSS**

- 1-2** Touch right toe forward, step back on right
- 3&4** Step back on left, step right next to left, cross step left over right
- 5&6&** Rock right to side & slightly forward, recover on left, rock right to side & slightly forward, recover on left. (use hips & travel diagonal forward right)
- 7&8** Rock right to right side, recover on left, cross step right over left

## **& CROSS, POINT & HEEL & CROSS, FULL MONTEREY, ROCK & CROSS**

- &1-2** Step left to left side, cross step right over left, point left toe to left side
- &3&4** Step left next to right, touch right heel forward diagonal' right, step right next to left, cross step left over right
- 5-6** Touch right toe to right side, make a full turn to right stepping right next to left
- 7&8** Rock left to left side, recover on right, cross step left over right

## **& CROSS, ¼ TURN LEFT, ROCK & ½ TURN RIGHT, ROCK & KICK & LEFT LOCK STEP**

- &1-2** Step right to right side, cross step left over right, make ¼ turn left stepping back on right
- 3&4** Rock back on left, recover on right, make ½ turn right stepping back on left
- 5&6&** Rock back on right, recover on left, kick right forward, step right next to left
- 7&8** Step forward on left, lock right behind left, step forward on left

## **ROCK ½ TURN RIGHT, ½ & ¼ TURN RIGHT, CROSS, CHASSE RIGHT, ROCK BACK & SIDE**

- 1&2** Rock forward on right, recover on left, make ½ turn right stepping forward right
- 3&4** Make ½ turn right stepping back on left, ¼ turn right stepping right to right side, cross step left over right
- 5&6** Step right to right side, step left next to right, step right to right side
- 7&8** Rock left behind right, recover on right, step left to left side

## **TOE & HEEL & TAP TAP ¼ TURN RIGHT, LEFT MAMBO, BEHIND & TOUCH**

- 1&2&** Touch right toe next to left heel, step back on right, touch left heel forward diagonal' left, step left next to right
- 3&4** Tap right toe slightly to right side, tap right toe further to right turning 1/8 to right, making another 1/8 right step forward on right (¼ right in all)
- 5&6** Rock forward on left, recover on right, step back on left
- 7&8** Step right behind left, step left to left side, touch right across left

**& CROSS, ¼ TURN, STEP ¾ TURN STEP, ROCK BACK & SIDE, BEHIND & STEP**

- &1-2** Step right to right side, cross step left over right, make ¼ turn right stepping forward right
- 3&4** Step forward left, pivot ½ turn to right, ¼ turn to right stepping left to left side
- 5&6** Rock right behind left, recover on left, step right to right side
- 7&8** Step left behind right, step right to right side, step forward on left

**REPEAT**

**RESTART**

**On wall 5 dance to step 16 then do 4 count tag & restart from step 1**

**TAG**

**At end of wall 1 (9:00) wall 3 (3:00) & after count 16 wall 5 (12:00)**

- 1-4** Walk forward right-left-right-left