

## Flash Mob Choreography Notes

*If you get lost, just join in on the chorus and keep bouncing along!*

8cts= eight counts of the music –right on the beat

R= right L=left

SONG: CAN'T STOP THE FEELING by Justin Timberlake

**START:** Two 8cts of small bounces: look left, middle, right, middle (at partner and away from partner then towards audience)

### Lyrics-----Dance Moves

#### VERSE 1

Got this feeling...	Step Clap—slide/punch elbow R w/jump clap
Inside my bones	<i>repeat on L</i> (8ct total)
Goes electric	walking forward (small steps)
Baby when you..	arms snake crisscross (cts 1-7)
(turn it) “ON”	point arms front, head nod (on ct 8)
All through my city	high arm swims, step together step w/leans
All through my home	spin back to beginning spot, arms in circle
We’re flying up	STAR corners: R arm + leg forward, L arm + leg forward then R arm + leg step back, L arm + leg backward (2 cts each)
...ground. Got that	gallop forward: R hip (1,2), L hip (3,4) w/high knees, hand hitting hip
Sunshine in my pocket	
Good soul in my feet	kick legs forward to move backwards (arms swing up and place behind partner’s back)
Feel that hot blood in body	walk forward cross legs over partner’s legs, arms release overhead (8 <sup>th</sup> count: point forward, legs wide, and pause)
“ooh”	dip legs low, hands on hips
Can’t take my eyes...	cross R foot over L and spin to face back (1,2)
Up off it	leaving head behind (3,4 cts)
Movin’ so phenomenally	3 steps back with hip sways (5,6,7 cts)
Room on lock	point R arm up ct 1, hip opposite pop on ct 2
So don’t	point L arm down 3ct, hip opposite pop on 4
“Stop”	<b>jump</b> to face front, arms crosses w/jazz hands

#### BRIDGE

Under the lights	slide leg lunge to L, R arm high, L low (1,2 ct)
When everything goes	L arm swing/slide up + down (3,4 & 5,6 ct)
Nowhere to hide	hip circle (7,8 ct)
Getting you close	<i>repeat to right side</i>
When we move	huge arm circle, straight arms above head,
Well you already know	circle torso to get into line behind leader
So just imagine	last person in line, lean out to side, arms stretched, then middle and front person
Imagine	sparkle fingers, <i>if solo just lean different ways</i>
Imagine	

## CHORUS

Nothing I can see → dance

Feel a good → dance

All things I shouldn't do

Ain't nobody leaving soon

So keep dancin'

Can't stop the feeling...

grape vine to R & L (leg step side, cross back, side) while arms are pushing forward

repeat grape vine R&L, arms roll

grape vine done in with spins, elbows in

crisscross legs with hands held to side

double time crisscross with hands

FREESTYLE\* (Two 8 cts) be sure to move around the space and change positions

## VERSE 2 (just some minor changes here)

Oh, something magical...

In the air...

In my blood, rushing "ON"

Don't need no reason

Don't need control

step/lean to R arm PUSH (instead of circle)

circle back with palms up (to look out-of-control)

## BRIDGE

\*same moves but this time slide opposite of your partner

## CHORUS

This time after the chorus there is **no** freestyle. Go straight into these moves:

cross hands front R, L (in same "stop"

position as in first verse)

R, L hands go on hips

circle hips to the beat (3 times)

Do these moves facing (1) front, then (2) facing your partner, then (3) with your back to partner, and finally (4) with back to audience

## SOLOS IN SECTIONS (4 8 cts)

Now, each section of the dance floor will have a moment of attention for a Self-choreographed or freestyle\* dance moment. The right side of the "stage" will take 8 counts then left then middle.

Each family or single dancer should prepare what to do for 8 counts.

## CHORUS repeats

All together again but with the right side of stage going L first, middle going R and left side starting L to create a wave of bodies.

Four 8cts of freestyle dance\* "Can't stop the feeling...got this feeling"

Until JT says: "Break it down"

## ENDING (just vocals of "Got this feeling in my body")

2 8cts of the BRIDGE move, (leg slide, arm swing) face 2 different directions each time you do it and the last one, bend to the floor and facing back then spin around to face front in a pose of your choosing.

*\*If you feel lost in freestyle, just repeat your favorite choreography from the song.*