

Ree-Groove Assessment



Can't Stop The Feeling 5:14

MUSIC		EXERCISE	REPS	
0:00	Instrumental	4x8	Intro / set up track / march	32ct
0:15	Instrumental	4x8	Step Touch	32ct
0:30	Nothing I can see but you	4x8	Grapevine & Stomp Turn (opt freestyle)	4
0:45	Can't stop the feeling	4x8	Side tap, Ball Cha, 3 taps	4
1:00	I got this feeling inside my	4x8	2 Swing, 1 Double Step	4
1:15	Sunshine in my pocket	4x8	3 Shoulder shrug, with tap x3, 1xHip Swing	4
1:30	Under the lights where	4x8	2 x 1 slow push, vertical punch, & Wave	4
1:45	Nothing I can see but you	4x8	Grapevine & Stomp Turn (opt freestyle)	4
2:00	Can't stop the feeling	4x8	Side tap, Ball Cha, 3 taps	4
2:15	Ooh, it's something magical	4x8	2 Swing, 1 Double Step	4
2:30	Sunshine in my pocket	4x8	3 Shoulder shrug, with tap x3, 1xHip Swing	4
2:45	Under the lights where	4x8	2 x 1 slow push, vertical punch, & Wave	4
3:00	Nothing I can see but you	4x8	Grapevine & Stomp Turn (opt freestyle)	4
3:15	Can't stop the feeling	4x8	Side tap, Ball Cha, 3 taps	4
3:30	Instrumental___oh	4x8	4xRolling Rocking Horse (right & left)	2
3:45	Nothing I can see but you	4x8	Grapevine & Stomp Turn (opt freestyle)	4
4:00	Got this feelin in my body	4x8	4 x Double Arm Pumps	4
4:15	Got this feelin in my (calm)	4x8	2 Swing, 1 Double Step	4
4:30	Nothing I can see but you	4x8	Grapevine & Stomp Turn (opt freestyle)	4
4:44	Got this feeling in my body	4x8	4 x Double Arm Pumps	4
4:59	Instrumental	4x8	2 Swing, 1 Double Step	4
5:15	Instrumental / mix	4x8	March	32ct

Notes: