

Just Can't Stop Loving You

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MUSIC: Just Can't Stop Loving You by Michael Jackson (CUT: Instructions below)
RHYTHM: Rumba
PHASE (+): VI
FOOTWORK: Opposite unless indicated [*W: Woman's foot in italics*]
SEQUENCE: Introduction A A B A B (1 – 9) C B (1 – 7 mod) B (1 – 7)

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Introduction

1 – 4 Wait 1; Forward Basic; Slow Curl; Syncopated Hockey Stick Ending to Face:

- 1 Wait for one measure in LOP-FCG with lead hands joined and lead feet free;
- 2 [**Forward Basic (QQS)**] Rock forward L, recover R, side L turning RF 1/4 to face RLOD and raising joined lead hands in front of and over Woman's head, -;
[W: Rock back R, recover L, forward R past Man's right side, -;]
NOTE: Do not start the curl yet.
- 3 [**Slow Curl (Hold)**] Allow Woman to curl LF under joined lead hands, bringing them down at the end of the measure. Keep legs straight and do not release hips.
[W: Leaving the left foot extended slowly turn LF under joined lead hands. The right foot turns 3/8 to point toward DRW with the left foot pointed toward WALL. Keep legs straight and do not release hips.]
- 4 [**Syncopated Hockey Stick Ending to Face (Hold Q&S)**] Release left hip to side, rock back R / recover L then swivel 1/4 LF to face WALL, forward R to end in LOP-FCG with lead hands joined, -;
[W: Release right hip to side like a hip twist action, forward L / forward R then spiral 1/2 LF to face COH, back L to end in LOP-FCG with lead hands joined, -;]

Part A

1 – 8 Three Alemanas: ; ; ; Open Break into Continuous Natural Top: ; ; ;

- 1 – 4 [**Three Alemanas (QQSx4)**] Rock forward L, recover R, close L raising joined lead hands, -; Turning 1/8 RF rock back R toward DLC leaving left foot extended forward allowing Woman to step forward under joined lead hands, recover L toward DRW, swivel LF 1/8 to face WALL close R bringing joined lead hands down to Woman's waist level with joined hands in front of her belly, -; Rock side L, recover R bringing joined lead hands across in front of Man's face, allowing Woman to turn under joined lead hands close L, -; Rock back R toward DLC leaving left foot extended forward allowing Woman to step forward under joined lead hands, recover L toward DRW, swivel LF 1/8 to face WALL close R to end in LOP-FCG Man facing WALL, -;
[W: Rock back R, recover L, forward R small step leaving left foot extended back, -; Collect left foot to right foot and swivel RF 1/8 then step forward L toward DLC under joined lead hands leaving right foot extended back, spiral RF 1/2 then recover forward R toward DRW, collect left foot to right foot then swivel RF 3/8 to face COH then step side L small step leaving right foot extended to side then spiral RF 3/8 to allow body to face DLW, -; Forward R toward LOD, spiral LF 1/2 to face RLOD then step forward L toward RLOD, collect right foot to left foot then swivel LF 3/4 to face COH then close R, -; Swivel RF 1/8 then step forward L toward DLC under joined lead hands leaving right foot extended back, spiral RF 1/2 then recover forward R toward DRW, collect left foot to right foot then swivel RF 3/8 to face COH then step side L small step, -;]
- 5 – 8 [**Open Break into Continuous Natural Top (QQSx4)**] Releasing trail hand from Woman's back and blending to LOP-FCG rock back L, recover R, side L turning RF to face RLOD ("11") blending to CP facing RLOD, -;
6: **Hook R** behind with toes of R facing COH ("7") (1/4 turn RF in feet), release trail hand from Woman's back and raise joined lead hands up and rightward across your own face allowing Woman to turn LF under joined hand push off right foot and swivel slightly RF **side L** turning RF to face DLC ("11") (1/8 turn RF in feet), continue RF turn **hook R** behind with toes of R facing DLW and blending to CP ("7") (1/4 turn RF in feet), -;

- 7: Pushing off right foot and swiveling slightly RF **side L** turning RF to face WALL ("11") (1/8 turn RF in feet), **hook R** behind with toes of R facing RLOD ("7") (1/4 turn RF in feet), pushing off right foot and swiveling slightly RF **side L** turning RF to face DRC ("11") (1/8 turn RF in feet), -;
- 8: **Hook R** behind with toes of R facing DLC ("7") (1/4 turn RF in feet), release trail hand from Woman's back and raise joined lead hands up and rightward across your own face allowing Woman to turn LF under joined hand push off right foot and swivel slightly RF **side L** turning RF to face LOD ("11") (1/8 turn RF in feet), continue RF turn **close R** near L to end in loose CP facing WALL, -;
- [W: Rock back R, recover L, forward R turning 1/4 RF toward LOD blending to CP, -;*
- 6: Pushing off and swiveling LF **side L** turning RF to face WALL ("11") (1/4 turn RF), leaving right foot between Man's feet continue RF turn **transfer weight on to R** with toes of right foot pointed toward DRW ("7") (1/8 turn RF), pushing off and swiveling RF **side L** turning RF to face DRC ("11") (1/4 turn RF), -;
- 7: Lift left arm off Man's shoulder taking the hand straight up next to the left side of your face and step **forward R** toward DRC with right foot in front of left foot (like on a tightrope) then spiral 5/8 LF to face LOD (5/8 LF spiral turn), **side L** lowering left arm and blending to CP facing LOD (no turn), **forward R** with toes of right foot pointed toward DLW ("7") (1/8 turn RF) . -;
- 8: Pushing off right foot and swiveling RF **side L** turning RF to face DRW ("11") (1/4 turn RF), lift left arm off Man's shoulder taking the hand straight up next to the left side of your face and step **forward R** toward DRW with right foot in front of left foot (like on a tightrope) then spiral 5/8 LF to face COH (5/8 LF spiral turn), **side L** small step lowering left arm and blending to CP facing COH (no turn), -;]

9 – 16 Open Hip Twist; Whip (Man in 4); Opposition Single Cuban Breaks; Opposition Spot Turn; Circle Vine 3 with Arm Sweep; Opposition Spot Turn to Face; Opposition Single Cuban Breaks; Opposition Spot Turn to Face (Man in 4);

- 9 **[Open Hip Twist (QQS)]** Releasing trail hand from Woman's back and blending to LOP-FCG rock forward L, recover R, lunge side L toward LOD and turn body toward DRW, -;
- [W: Rock back R and allow body to overturn slightly to right, recover L, forward R toward Man's right side then collect left foot to right foot and swivel RF 1/4 to face LOD, -;]*
- 10 **[Whip (Man in Four) (QQS&)]** Rock back R, recover L turning LF 1/4 to face LOD, continue LF turn 1/4 to face COH side R checking, - / side L toward RLOD releasing lead hands;
- [W: (QQS) Forward L commence LF turn, forward R toward DLC then spiral LF 1/2 to face DRW, continue LF turn side L toward LOD with toes pointing DLW, -;]*
- 11 **[Opposition Single Cuban Breaks (Q&Q Q&Q)]** Joining right hands both cross check R / recover L, side R dropping hands, joining left hands both cross check L / recover R, side L dropping hands;
- 12 **[Opposition Spot Turn to Stacked Hands (QQS)]** Moving toward RLOD forward and across R and turn LF 1/2 to face LOD, recover L continue LF turn, side R checking and joining stacked hands right over left, -;
- 13 **[Circle Vine 3 w/ Arm Sweep (SQQ)]** Turning to face LOD side L and release right hands sweeping right hand out to the side at rib cage level palm up, flare R CW, XRib, turning to face WALL side L;
- [W: Turning to face RLOD side L and release right hands sweeping right hand out to the side at rib cage level palm up, flare R CW, XRib, turning to face COH side L;]*
- 14 **[Opposition Spot Turn to Face (QQS)]** Moving toward LOD forward and across R and turn LF 1/2 to face RLOD, recover L continue LF turn, side R, -;
- 15 **[Opposition Single Cuban Breaks (Q&Q Q&Q)]** Joining left hands both cross check L / recover R, side L dropping hands, joining right hands both cross check R / recover L, side R dropping hands;
- 16 **[Opposition Spot Turn to Face (Man in 4) (QQS&)]** Moving toward RLOD forward and across L and turn RF 1/2 to face LOD, recover R continue RF turn, side L to face WALL, - / close R to end in OP-FCG Man facing WALL;
- [W: (QQS) Moving toward LOD forward and across L and turn RF 1/2 to face RLOD, recover R continue RF turn, side L to face COH, -;]*

Repeat Part A

Part B

1 - 10 Three Threes; ; ; ; Natural Opening Out; Caress, -, Close, -; Dip; Double Ronde Reverse Underarm Turn; Cucaracha; Slow Rock Side, -, Recover, -;

- 1 – 4 **[Three Threes (QQSx4)]** Rock forward L, recover R, close L, -; Placing both hands on Woman's shoulders rock side R, recover L, close R, allow Woman to spin; Release left hand from Woman's left shoulder and keep right hand on Woman's right shoulder rock side and slightly forward L, recover R, close L allowing right hand to extend forward still on Woman's right shoulder, -; Releasing right hand from Woman's right shoulder rock back R, recover L, forward R toward Woman's right side;
[W: Rock back R, recover L, forward , - / spin RF 1/2 to shadow position facing WALL; Rock side L, recover R, close L, - / spin LF 1 full turn; Rock diagonally back R, recover L, forward R toward WALL leaving the left foot extended back, - /collect left foot to right foot and swivel RF 1/2 to face COH; Forward L spiral RF 1/2 to face WALL, forward R leaving left foot extended back, collect left foot to right foot and swivel RF 1/2 to face COH then step forward L toward Man's right side leaving right foot extended back, -;]
- 5 **[Natural Opening Out (QQS)]** Rock side L, recover R, close L dropping hands and presenting your chest, -;
[W: Spiral RF 1/2 to face WALL then rock side R toward RLOD, recover L then swivel LF 1/2 to face COH and Man, close R and place flat palm of right hand on Man's chest, -;]
- 6 **[Caress, Close (SS)]** Caress Woman with left hand, -, close R embracing Woman in a cuddle hold (like a gentle hug, both arms around Woman's back with Woman's arms gently over his shoulders);
[W: Wait, -, caress Man with left hand while closing L to end in cuddle preparing to dip, -;]
- 7 **[Dip (SH)]** Dip back L in a cuddle hold, -, -, -;
- 8 **[Double Ronde Reverse Underarm Turn (SQ&Q)]** Forward R between Woman's feet to lead a Rudolf type ronde then swing L leg forward in clockwise floor ronde at this point facing RLOD, -, continue RF turn step side L to face COH raising L hand and releasing R hand from around W / hook Rib and continue RF turn to face LOD, uncross L and continue RF turn to take small step L to face nearly WALL;
[W: Back L and ronde R clockwise, -, hook Rib checking RF turn / forward L commence LF turn under lead hands, continue LF turn and close R near L to end facing nearly RLOD;]
- 9 **[Cucaracha (QQS)]** Rock side R toward RLOD, recover L, side R checking;
- 10 **[Slow Rock Side, Recover (SS)]** Rock side L and sweep left arm to the side, -, recover R bringing left hand back in and joining lead hands to end in LOP-FCG WALL, -;

Repeat Part A**Repeat Part B (1 – 9)****Part C****1 - 8 Open Hip Twist to Fan ; ; Start Hockey Stick to Right Hand Star; Circular Crab Walk 3; Woman Forward, Curl, Hold 2 ; Cucaracha; Forward Basic to Curl; Hockey Stick Ending to Face;**

- 1 – 2 **[Open Hip Twist to Fan (QQSx2)]** Rock forward L, recover R, side L toward LOD, -; Rock back R, recover L, close R in Fan Position, -;
[W:Rock back R and allow body to overturn slightly to right, recover L, forward R toward Man's right side then collect left foot to right foot and swivel RF 1/4 to face LOD, -; Forward L, forward R then spiral LF 1/2 to face RLOD, back L in Fan Position, -;]
- 3 **[Start Hockey Stick to Right Hand Star (QQS)]** Rock forward L, recover R, side L toward LOD with toes pointing DLW changing to Right Hand Star, -;
[W: Close R, forward L, forward R toward RLOD with toes pointing DRC changing to Right Hand Star, -;]
- 4 **[Circular Crab Walk 3 (QQS)]** Forward and across R toes pointing DRW, push off right foot swivel 3/8 RF side L to face COH, swiveling RF off left foot forward and across R turning RF 1/4 so that toes point LOD, -;
[W: Push off right foot swivel 1/4 RF side L to face DLC, swiveling RF off left foot forward and across R turning RF 3/8 to that toes point WALL, push off right foot swivel RF 1/4 side and slightly back L to face RLOD, -;]
- 5 **[Woman Forward, Curl, Hold (Q Hold)]** Leading the Woman to step just past you push off right foot swivel RF 1/4 side L to face WALL, raise joined right hands allowing Woman to Curl under joined hands and turn body toward DRW and Woman, release hands at top, lower hands palms facing each other;
[W: Forward R and slightly across toward DRW stepping just past Man, spiral LF 5/8 to face COH, look at Man releasing hands, lower hands palms facing each other;

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- 6 **[Cucaracha (QQS)]** Lunge side R toward RLOD extending trail hands toward RLOD, recover L, close R to end in LOP-FCG facing WALL, -;
- 7 **[Forward Basic to Curl (QQS)]** Rock forward L, recover R checking and raising joined lead, turning RF 1/4 side L allowing Woman to step just past you then allow Woman to turn under joined hands, look at Woman;
[W: Rock back R, recover L, forward R just past Man then spiral LF 1/2 to face WALL, look at Man;]
- 8 **[Hockey Stick Ending (QQS)]** Rock back R, recover L then swivel 1/4 LF to face WALL, forward R to end in LOP-TCG with lead hands joined, -;
[W: Forward L, forward R then spiral LF 1/2, back L, -;]

Repeat Part B (1 – 7) and recover on beat 4 to end in loose CP facing WALL.

Repeat Part B (1 – 7) and hold DIP as music fades.

Music Editing Instructions

- 1. Cut from 00:00:00 (minutes, seconds, hundredths) to 00:24:76**
- 2. Slow to -3.00**
- 3. If you want, fade the ending**