

Don't Stop Dancing

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Aurora de Jong (USA) & Mike Wilson (USA) - December 2022
音乐: Don't Stop Dancing - Olly Murs



No Tags, No Restarts

Award winning dance at the 2023 Ft. Wayne Dance For All

(1-8): Right step, Behind-Side-Cross, and-Heel-and-Cross, HOLD, Ball-Cross shuffle

- 1 Step right foot to right side (Starting at 12:00)
- 2&3 Step left foot behind right; Step right foot to right side; Cross left over right
- &4&5 Step right foot to right side; Tap left heel to left diagonal; Step on ball of left foot; Cross right over left
- 6 HOLD
- &7&8 Step on ball of left foot; Cross right over left; Step left to left side; Cross right over left

(9-16): ¼ turn left with forward rock, Recover, ½ sailor left, Forward rock, Recover, Back, Touch, Clap*2

- 1 2 Make a quarter turn left and rock forward on left foot (9:00); Recover weight onto right foot
- 3&4 Make a sailor half turn to left (3:00) (Step left foot behind right; Make ¼ turn left stepping right to side; Make ¼ turn left stepping left foot slightly forward)
- 5 6 Rock forward on right foot; Recover weight onto left
- &7 Step back on right foot; Touch left foot forward
- &8 Clap twice

(17-24): Left wizard, Touch, Shoulder shimmy*2, Ball-cross, Step, Sailor Heel

- 1 2& Step left to left diagonal; Lock right behind left; Step left to left diagonal
- 3 Touch right foot next to left
- &4 Drop right shoulder and raise left; Drop left shoulder and raise right
- &5 6 Step ball of right foot next to left; Cross left over right; Step right to right side
- 7&8 Step left behind right; Step right to right side; Tap left heel to left diagonal

(25-32): Ball-cross, Side, Sailor touch (with 1/8 turn right), Rolling 1 ¾ vine to right

- &1 2 Step on ball of left foot next to right; Cross right over left; Step left to left side
- 3&4 Make 1/8 sailor turn to right (4:30): (Step right behind left; Make 1/8 turn right stepping left to left side; touch right toe towards right (towards 7:30))
- 5678 Rolling vine (1 ¾ turns) towards 7:30 diagonal: ¼ turn right stepping right forward (7:30); ½ turn right stepping left back (1:30); ½ turn right stepping right forward (7:30); ½ turn right stepping left back (1:30).

(33-40): Right step back, Drag left, Rock back-recover, Step, Lock, Left shuffle step

- 1 Step right foot back dragging left (still facing 1:30)
- 2 (Continue drag)
- 3 4 Rock back on left foot; Recover weight on right
- 5 6 Step left foot forward; Lock right behind left
- 7&8 Left shuffle forward (step left foot forward; step right next to left foot; step left foot forward)

(41-48): 1/8 turn left into step-touch*2, Full gliding box turn

- 1 2 Make 1/8 turn to left (12:00) stepping right foot to side; Touch left next to right
- 3 4 Step left foot to side; Touch right next to left
- 5 Slide right foot to right side
- 6 Make ¼ turn left and slide left foot to left side (9:00)
- 7 Make ¼ turn left and slide right foot to right side (6:00)
- 8 Make ¼ turn left and slide left foot to left side (3:00).

Note: you will finish the box on count 1 of the next set of 8.

(49-56): ¼ turn left into right slide, Ball-cross, Touch, Touch behind, Touch, Dip shifting weight to left

- 1 Make a ¼ turn left and slide right foot to right side (12:00) dragging left foot
- 2 HOLD
- &3 Step down on ball of left foot next to right; Cross right over left
- 4 Touch left foot out to left side
- 5 Touch left foot behind right
- 6 Touch left foot out to left side
- 7 8 Dip and recover over two counts, shifting weight to left foot

(57-64): Step right behind left, Step left to side, Kick ball step, Step right to side, Touch behind, ½ turn unwind

- 1 Step right foot behind left
- 2 Step left foot to left side
- 3&4 Kick-ball-step (Styling note: angle kick-ball step towards 1:30, then square up again on count 5)
- 5 Step right foot to right side
- 6 Touch left toe behind right, prepping for ½ unwind
- 7 8 Unwind ½ turn left over two counts taking weight onto left (6:00)

(optional: add pulses on beats for chorus of “don’t stop dancing”)

For any questions or comments, contact:

Aurora De Jong: aurora.dejong@gmail.com

Mike Wilson: mjwilso2@gmail.com

Last Update: 6 Mar 2023
