

Don't Stop

拍数: 64 墙数: 1 级数: Intermediate
编舞者: Terry Hogan (AUS)
音乐: Cease and Desist - Delbert McClinton



CROSS, SIDE, BEHIND, SIDE, CROSS, SIDE, BEHIND, SIDE, HEEL, HOLD, TOGETHER ¼ LEFT, FORWARD

- 1-2 Step right across in front of left, step left to the side
- 3& Step right across behind left, step left to the side
- 4& Step right across in front of left, step left to the side
- 5& Step right across behind left, step left to the side
- 6-7 Touch right heel forward, hold
- &8 Step right foot beside left making ¼ turn left, step left forward

ROCK FORWARD, BACK, ½ RIGHT SHUFFLE FORWARD, ½ RIGHT SHUFFLE BACK, OUT, OUT, HIP PUSH

- 9-10 Rock-step right forward, rock backward onto left
- 11&12 Make ½ turn right and shuffle forward right, left, right
- 13&14 Make ½ turn right and shuffle backward left, right, left

These shuffles should cover as much floor as possible

- &15 Step right slightly backward and to the side, step left slightly backward and to the left side - feet apart, facing 9:00
- 16 Rock-push hips right taking weight onto right foot

ROCK SIDE, CROSS, REPLACE, ¼ RIGHT FORWARD, FORWARD, ½ RIGHT, OUT, OUT, HIP PUSH

- 17-18 Rock-step sideward onto left foot, rock right across in front of left
- 19-20 Rock-replace weight onto left foot, make ¼ turn right and step right forward
- 21-22 Step forward left, make ½ pivot turn right stepping forward onto right foot
- &23 Step left forward and to the side, step right to the right side
- 24 Rock-push hips left taking weight onto left foot

SIDE, CROSS, SIDE, BEHIND, SIDE, ¼ LEFT WITH FOUR HIPS PUSHES

- 25-26 Step right to the side, step left across in front of right
- 27& Step right to the side, step left across behind right
- 28 Step right to the side
- 29-32 Rock-push hips to the left four times while making ¼ turn left with weight on ball of left foot - left will finish forward of right facing 9:00

ROCK SIDE, REPLACE, FORWARD, ¼ LEFT, FORWARD, ¼ LEFT, FORWARD, FORWARD, HOLD-FLICK

- 33-34 Rock-step right to the side, replace weight onto left
- 35-36 Step forward right, make ¼ pivot left taking weight onto left
- 37-38 Step forward right, make ¼ pivot left taking weight onto left

Use hips on these 6 counts

- &-39 Step forward right, left
- 40 Hold allowing right knee to bend and foot to slide-flick slightly backward

ROCK FORWARD, BACK, ½ RIGHT SHUFFLE FORWARD, SWIVEL WALKS X 4

- 41-42 Rock-step right forward, rock backward onto left
- 43&44 Make ½ turn right and shuffle forward right, left, right
- 45-48 Step forward left, right, left, right making each step on balls of feet and crossing other foot so body swivels with each step

OUT, OUT, HOLD, HIPS RIGHT, HIPS LEFT, BEHIND, SIDE, HOLD, HIPS RIGHT, HIPS LEFT

- &-49 Step left forward and to the side, step right to the right side
- 50 Hold
- 51-52 Sway/push hips right, sway left to finish with weight over left foot
- &-53 Step right across behind left foot, step left to the side
- 54 Hold
- 55-56 Sway/push hips right, sway left to finish with weight over left foot

BEHIND, ¼ LEFT FORWARD, FORWARD, ½ LEFT, FORWARD, FORWARD, ½ RIGHT, SIDE, CROSS, SIDE CROSS, SIDE

- &-57 Step right across behind left foot, make ¼ turn left and step left forward
- 58-59 Step right forward, make ½ pivot turn left stepping forward onto left
- 60 Step right forward
- 61-62 Step left forward, make ½ pivot turn right stepping forward onto right
- &-63 Step left slightly to the side, step right across in front of left
- &-64 Step left slightly to the side, step right across in front of left
- & Step left slightly to the side

REPEAT
