

# Don't Stop

拍数: 64      墙数: 1      级数: Intermediate  
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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**

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