

Don't Stop

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 4 级数: Improver
编舞者: Jay Floyd
音乐: Don't Stop Movin' - S Club 7



RIGHT KICK STEP TOUCH, LEFT KICK STEP TOUCH, RIGHT HEEL TOE, STEP ¼ BOUNCING TURN

1&2 Kick right forward, step right, touch left toe behind
3&4 Kick left forward, step left, touch right toe behind
5-6 Touch right heel forward, touch right toe behind
7&8 Step forward right, ¼ turn left with a bounce, bounce

SYNCOATED RIGHT ROCK RECOVER TOUCH, TOE TOUCH WITH FULL SPIRAL TURN, SIDE SHUFFLE, ROCK RECOVER

1&2 Syncopated cross right over left, recover to left, touch right to right
3-4 Touch right behind left, full spiral turn right onto right
5&6 Shuffle side left, right, left
7-8 Rock right behind left, recover to left

SKATE RIGHT, LEFT, SHUFFLE RIGHT. SKATE LEFT, RIGHT, SHUFFLE LEFT

1-2 Step right at forward angle, step left at forward angle
3&4 Shuffle in place, right left right
5-6 Step left at forward angle, step right at forward angle
7&8 Shuffle in place, left right left

STEP ½ TURN, SHUFFLE FORWARD, LEFT MAMBO CROSS, RIGHT MAMBO CROSS

1-2 Step forward right, turn ½ left onto left
3&4 Shuffle forward right left right
5&6 Rock left to left, recover to right, cross step left in front of right
7&8 Rock right to right, recover to left, cross step right in front of left

LEFT MAMBO CROSS, RIGHT MAMBO CROSS, STEP ½ TURN, SHUFFLE FORWARD

1&2 Rock left to left, recover to right, cross step left in front of right
3&4 Rock right to right, recover to left, cross step right in front of left
5-6 Step forward on left, pivot ½ turn onto right
7&8 Shuffle forward left right left

REPEAT
