

Don't Stop

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Kathy Hunyadi (USA) & Kevin S. Ward (USA)
音乐: Don't Stop - Fleetwood Mac



TOE-HEEL CROSS INTO TRAVELING CROSS HEEL GRINDS, JAZZ BOX, STEP

- 1-2 Touch right toe in to left instep, touch right heel to right side
- 3 Place right heel forward & across left foot with weight (your body will have to turn to the left slightly to do this). Right toe will point slightly to the left
- 4 Step left to left side & point right toe to right side (the toe fan will occur naturally as you step to the side with your left foot)
- 5-6 Repeat counts 3-4 (heel cross, grind as you step back with left)
- 7-8 Step right to side, step left beside right

JAZZ BOX WITH RIGHT ½ TURN, SHUFFLE FORWARD RIGHT, LEFT, RIGHT, ROCK STEP

- 1-2 Cross step right over left, stepping back on left as you start the ½ turn to right
- 3-4 Complete ½ turn to right stepping forward on right, step left beside right
- 5&6 Shuffle forward right, left, right
- 7-8 Rock forward on left, step right in place

SHUFFLE BACK LEFT, RIGHT, LEFT, ROCK STEP, ½ MONTEREY TURN RIGHT

- 1&2 Shuffle back left, right, left
- 3-4 Rock back on right, step left in place
- 5-6 Touch right toe to right side, turn ½ right as you step right next to left
- 7-8 Touch left toe to left side, step left next to right

TOE STRUT FORWARD, TOE STRUT WITH ¼ TURN LEFT, RIGHT & LEFT VAUDEVILLES

- 1-2 Step forward on right with ball or toe, flatten heel
- 3-4 Step forward and across right with left ball or toe, flatten heel as you turn ¼ to left
- &5&6 Step right diagonally back, touch left heel to left side, step left to center, cross step right over left
- &7&8 Step left diagonally back, touch right heel to right side, step right to center, step left beside right

KICK BALL CHANGE, PLACE HOLD, RIGHT SAILOR STEP, LEFT SAILOR STEP

- 1&2 Kick right foot forward, rock back slightly on right, step left in place
- 3-4 Place right foot forward (no weight), hold
- 5&6 Cross right behind left, step left slightly to side, step right to side
- 7&8 Cross left behind right, step right slightly to side, step left to side

JAZZ JUMP BACK, HOLD, JAZZ JUMP FORWARD, HOLD, JAZZ JUMPS BACK X 4

- &1-2 Take small steps back right, left, hold
- &3-4 Take small steps forward right, left, hold
- &5&6 Take small steps traveling back right, left, right, left
- &7&8 Repeat counts &5&6

On the 5th wall (you will be facing your starting wall), after you do the jazz jump back and then forward just hold your position (don't finish the 8 counts) and then start from the beginning. Just do this the one time and if you forget, don't worry. You will still be ready to start from the beginning anyway.

REPEAT