

# Don't Stop

拍数: 48      墙数: 4      级数: Intermediate  
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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**