

Don't Stop Movin!

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Don't Stop Movin' - S Club 7



- 1-2 Step forward left, step forward right
3&4 Kick left foot, ¼ turn to the right with hitch left, step left near right
5& Scoot back on left as right leg extends behind you, lock step right in behind left as you lift left knee
6& Scoot back on right as left leg extends behind you, lock step left in behind right as you lift right knee
7& Scoot back on left as right leg extends behind you, lock step right in behind left as you lift left knee
8& Scoot back on right as left leg extends behind you, lock step left in behind right as you lift right knee
- 1&2 Point right to right, recover right near left, point left to left
3 Turn knees and bust to the left
4 Turn knees and bust to the right
5 Hitch right to the left
6 ¼ turn to the right while stepping right forward
7-8 Step forward left, step turn to the right
- 1 Step left forward, look down and hands on the face, palms forward
2 Hold
3-4 Step back right, step back left
&5 Step back right slightly, step left across right
6 Big step right to the right
7 Start to recover left near right
&8 Step forward left (left foot turned to the left), ¼ turn to the left with right pointed to the right
- 1-2 Snake roll to the right (body weight on right)
3 Step left across right
4 ½ turn to the right (body weight on left)
5 Step right in right diagonal. Right index in the same direction of the right leg
6 Step left in left diagonal. Left index in the same direction of the left leg
7&8 Kick right, step back on right, pull in and tap left near right with left knee bent

REPEAT

BREAK:

There are 3 breaks of 4 counts at the end of 4th, 8th, and 12th walls

- 1 Kick left
2 Flick left back
3 Touch left near right
&4 Snap right twice (once up, once down)

For the 5th wall, just dance the 16 first counts and restart the dance