

# Don't Stop Movin'

**COPPER** **KNOB**  
BY STEPHEN HETS

拍数: 100      墙数: 0      级数: Phrased Advanced  
编舞者: Alan Birchall (UK)  
音乐: Don't Stop Movin' - S Club 7



Sequence: AAAB, AAB, CAB(32), BC

## PART A (VERSE)

### LUNGE RIGHT, SLIDE, SAILOR STEPS

- 1            Lunge right to right
- 2-4        Slide right to left (weight returns to left foot)
- 5&6        Cross right behind left, step left to left, step right by left
- 7&8        Cross left behind right, step right to right, step left by right

Optional arms for lunge, link hands by interlocking fingers at shoulder height close to chest. On every second verse there is a short sharp chord struck! On this I have been doing a quick lunge, looking to right and both arms pointing to right with fingers imitating a gun. Or both palms flat.

### SYNCOPATED VINE RIGHT, ROCK, RECOVER, CROSS BEHIND, STEP, CROSS IN FRONT

- &9            Step right to right, cross left behind right
- &10          Step right to right, cross left over right
- &11          Step right to right, cross left behind right
- &12          Step right to right, cross left over right
- 13-14        Rock right to right, recover on left
- 15&16        Cross right behind left, step left to left, cross right over left

Option for syncopated vine: ordinary vine

### WEAVE LEFT, ROCK, RECOVER, ¼ SAILOR TURN

- 17-18        Step left to left, cross right behind left
- 19-20        Step left to left, cross right over left
- 21-22        Rock left to left, recover on right
- 23&24        Cross left behind right, making ¼ turn right step right to right, step forward on left

### STEP ½ PIVOT, SHUFFLE, ROCK, RECOVER, COASTER STEP

- 25-26        Step forward on right, make ½ pivot left
- 27&28        Step forward on right, step left next to right, step forward on right
- 29-30        Rock forward on left, recover on right
- 31&32        Step back on left, step right next to left, step forward on left

## PART B (CHORUS)

### STOMP, SCOOT, STEP, HOLD, MOONWALKS

- 1            Stomp forward on right note (always performed on the word "don't")
- 2            Scoot back on right, while hitching left (Always performed on the word "stop")
- 3-4        Step back on left, hold (Always performed on the word "movin'")
- 5-6        Slide right foot back while popping left knee out, slide left foot back while popping right knee out (moonwalks)
- 7-8        Slide right foot back while popping left knee out, slide left foot back while popping right knee out (moonwalks)

### SKATES FORWARD, ¼ HINGE TURN, HOLD, ½ HINGE TURN, HOLD

- 9-10        Skate forward on right, skate forward on left
- 11-12        Skate forward on right, skate forward on left
- 13-14        On ball of left foot make ¼ turn left stepping right to right, hold (weight is on left)
- 15-16        On ball of right foot make ½ turn left, hold

**You will have made  $\frac{3}{4}$  turn left**

### **STOMP, SCOOT, STEP, HOLD, MOONWALKS**

- 17 Stomp forward on right (Always performed on the word "don't")
- 18 Scoot back on right, while hitching left (Always performed on the word "stop")
- 19-20 Step back on left, hold (Always performed on the word "movin'")
- 21-22 Slide right foot back while popping left knee out, slide left foot back while popping right knee out (moonwalks)
- 23-24 Slide right foot back while popping left knee out, slide left foot back while popping right knee out (moonwalks)

### **SKATES FORWARD, $\frac{1}{4}$ TURN, HOLD, $\frac{1}{2}$ HINGE TURN, HOLD**

- 25-26 Skate forward on right, skate forward on left
- 27-28 Skate forward on right, skate forward on left
- 29-30 On ball of left foot stepping forward on right make  $\frac{1}{4}$  turn left, hold (weight is on left)
- 31-32 On ball of right foot make  $\frac{1}{2}$  turn left, hold

**You will have made  $\frac{3}{4}$  turn left**

### **TOUCHES, HEELS, BOUNCE TURN**

- 33& Touch right to right, step right next to left
- 34& Touch left to left, step left next to right
- 35& Touch right heel forward, step right next to left
- 36 Step back on ball of left foot (heel will be slightly raised)
- 37-40 Make  $\frac{1}{2}$  turn left bouncing heels 4 times during turn

### **TOUCHES, HEELS, BOUNCE TURN**

- 41& Touch right to right, step right next to left
- 42& Touch left to left, step left next to right
- 43& Touch right heel forward, step right next to left
- 44 Step back on ball of left foot (heel will be slightly raised)
- 45-48 Make  $\frac{1}{2}$  turn left bouncing heels 4 times during turn

### **TOE TOUCHES**

- 49& Touch right to right, step right next to left
- 50& Touch left to left, step left next to right
- 51& Touch right to right, step right next to left
- 52& Touch left to left, step left next to right

### **PART C (TAG)**

**Performed on 2nd and 4th repeat of Part B only, from step 52. At the beginning of this sequence you are on step 52 of Part B. Your left leg is pointed out to the left and your weight is on the right foot.**

#### **$\frac{1}{4}$ BALL SWIVEL ON LEFT, $\frac{1}{4}$ BALL SWIVEL ON RIGHT, HIP THRUSTS, SHUFFLE, STEP $\frac{1}{4}$ PIVOT**

**Swivel your left heel only  $\frac{1}{4}$  turn to the left (you will look like you are knock kneed in one leg). You then swivel your right heel only  $\frac{1}{4}$  to the left (so that your feet are in line). You will only have made  $\frac{1}{4}$  turn right.**

- 1-2 On ball of left foot only make  $\frac{1}{4}$  swivel left (weight is on right foot), on ball of right foot only make  $\frac{1}{4}$  swivel left (you will only have made  $\frac{1}{4}$  turn right, weight should be on the left foot)
- &3&4 Thrust hips forward, back, forward, back (weight stays on left)
- 5&6 Step forward on right, step left by right, step forward on right
- 7-8 Step forward on left  $\frac{1}{4}$  pivot right (weight ends on left)

#### **$\frac{1}{4}$ BALL SWIVEL ON RIGHT, $\frac{1}{4}$ BALL SWIVEL ON LEFT, HIP THRUSTS, SHUFFLE, FORWARD MAMBO STEP**

**Step forward on left make  $\frac{1}{4}$  turn right. Swivel your right heel only  $\frac{1}{4}$  left (your feet will be in the shape of a letter 'T' with the heel of your right pointing towards your left instep). Swivel your left heel only  $\frac{1}{4}$  left (so that your feet are in line) you will only have made  $\frac{1}{4}$  turn right.**

&9 On ball of right foot only make  $\frac{1}{4}$  swivel left (weight is on left foot), on ball of left foot only make  $\frac{1}{4}$  swivel left (you will only have made  $\frac{1}{4}$  turn right, weight should be on the left foot)

**Option:  $\frac{1}{2}$  pivot (&), hold (9)**

&10&11 Thrust hips forward, back forward, back (weight stays on left)

13&14 Step forward on right, step left by right, step forward on right

15&16 Rock forward on left, rock back on right, step left by right

**The total turn is  $\frac{3}{4}$ .**

**The chorus section (Part B) is repeated twice at the end, the first time the section finishes at step 32. At this point start the chorus section (Part B) as normal and dance right through including the tag section. You will end the dance on the shuffle forward (steps 13&14). To finish just cross left over right clicking fingers at shoulder height**

**Optional hand movements for Part B (Chorus Section):**

**On the word "don't", both arms are outstretched down at 45 degrees to floor, palms parallel with floor and fingers out stretched (the palms of your hands should be roughly hip height)**

**On the word "stop", arms are at shoulder level, elbows bent at  $\frac{1}{4}$  turn, forearms and palms parallel with body, fingers outstretched (scarecrow fashion)**

**On the word "movin'" arms are outstretched in front of you parallel with floor, palms at  $\frac{1}{4}$  turn parallel with body fingers outstretched. (as if you are pushing against a wall!)**

**Last Update: 31 May 2023**

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