

Don't Stop Movin'

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Colleen Archer (AUS)
音乐: Don't Stop Movin' - S Club 7



- 1-2 Step left back, rock forward onto right
&3-4 Step left beside right, step right forward, turn ½ turn left (weight to left)
5&6 Shuffle sideways right (right-left-right)
7-8 Step left behind right, rock replace forward onto right (6:00)
- 9 Step left sideways left & turn body to face left diagonal
Bend arms at elbows keeping arms at waist height and swing arms back
10 Slide/step right up beside left, chug
Swing arms forward, elbows still bent
11&12 Shuffle to left (left-right-left)
13&14 Kick right to front, step right beside left, point/touch left sideways left
15-16 Touch left over right, turn ½ turn right and take weight onto left (12:00)
- 17-20 Walk forward right-left-right, touch left heel forward and click fingers
21-22 Step left sideways left, touch right beside left and clap
23-24 Step right sideways right, touch left beside right and clap (12:00)
- 25-28 Moving left turn full turn left stepping left-right-left, touch right beside left
29-30 Rock/step right sideways right, rock/replace weight onto left
31&32 Turn ¼ turn right and shuffle forward (right-left-right) (3:00)
- &33 Step left sideways left, step right sideways right
34 Hold and clap
&35 Step left back to left diagonal, touch right heel forward to right diagonal
36 Hold and click fingers (both hands)
&37 Step right to center, step left to center
&38 Step right back to right diagonal, touch left heel forward to left diagonal
&39 Step left to center, step right to center
&40 Step left back to left diagonal, touch right heel forward to right diagonal (3:00)
- 41&42 Shuffle back (right-left-right)
43-44 Step left back, rock forward onto right
45-46 Step left forward, turn ½ turn right taking weight onto right
47-48 Moving forward turn full turn right stepping left-right (9:00)
- 49-50 Step left forward, turn ¼ turn right replace weight on right
51&52 Cross shuffle to right stepping left-right-left
53-54 Stomp right sideways right, hold
55&56 Cross shuffle to right stepping left-right-left (12:00)
- 57&58 Step right back, step left beside right, step/cross right over left
59 Turn ¼ turn right and step left back
60 Turn ¼ turn right and step right sideways right
61 Step left forward to left diagonal
Bend elbows keeping arms at waist height, swing arms back
62 Slide right forward to touch beside left, clap

Swing arms forward, chug

63 Step right forward to right diagonal

Repeat arm movements as before

64 Slide left forward to touch beside right, clap (6:00)

Swing arms forward, chug

REPEAT

RESTART

During third vanilla which begins facing front wall, dance the first 20 counts (touch left heel forward & click fingers) as before then start fourth vanilla facing front wall

TAG

Track 1

After fifth vanilla which finishes facing front wall, dance as before to count 64, then repeat counts 61 to 64.

Four chugs instead of two.

Track 2

After fifth, sixth and seventh vanillas, dance as before to count 64 then repeat counts 61 to 64. Four chugs instead of two.
