

Don't Stop Movin'

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Cathy Ryan (IRE)
音乐: Don't Stop Movin' - S Club 7



SYNCOPATED OUT OUT IN IN, ROLL HIPS RIGHT, ½ TURN RIGHT WITH 3 JUMPS

1-3 Right foot out to right side, left foot out to left side, hold
&4 Right foot in, left foot in beside right
5-6 Roll hips to the right (optional hip or body roll)
7&8 ½ turn to right jump 3 times with feet together (face back wall)

HITCH STEP SLIDE X 4

&1-2 Hitch right foot on &, step back on right (diagonally right), slide left foot to right
&3-4 Hitch left foot on &, step back on left (diagonally left), slide right foot to left
&5-6 Hitch right foot on &, step back on right (diagonally right), slide left foot to right
&7-8 Hitch left foot on &, step back on left (diagonally left), slide right foot to left

Easier version of above is to take out the hitch and just do 4 step touches going backwards

¼ TURN RIGHT WITH EXTENDED CHASSE, ¼ TURN LEFT WITH EXTENDED CHASSE

1&2&3&4 ¼ turn to right (keeping right foot in front): right, left, right, left, right, left, right
5&6&7&8 ¼ turn to left (keeping left foot in front): left, right, left, right, left, right, left (facing back wall)

Optional arms - lasso, rolling fists, index fingers 'shooting' to side

½ TURN RIGHT GOING BACK (WITH HOLD & SNAPS) TWICE, FULL TURN RIGHT IN PLACE

1-2 On ball of left pivot ½ turn right stepping forward with right, hold weight on right & snap fingers
3-4 On ball of right pivot ½ turn right with left, hold weight on left & snap fingers
5-8 Full turn right in place with right, left, right, left

REPEAT
