

# Don't Stop Movin

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Andreina Signori (UK)  
音乐: Don't Stop Movin' - S Club 7



## SYNCOPATED GRAPEVINE LEFT FINISHING WITH ½ TURN LEFT

1&2      Cross right in front of left, step left to side, cross right behind left  
&3-4      Step left to side, cross right in front of left, unwind making ½ turn left

## SYNCOPATED GRAPEVINE LEFT FINISHING WITH ¼ TURN LEFT

5&6      Cross right in front of left, step left to side, cross right behind  
&7-8      Step left to side, cross right in front of left, unwind making ¼ turn left

## COASTER STEP RIGHT, 2X ¼ TURN

9&10      Step back right, bring right together, step forward left  
&11&12      Making ¼ turn right on ball of right point left to the side (twice)

## KICK LEFT, CROSS RIGHT IN FRONT, UNWIND FULL TURN

13&14      Kick left across right, step left to side, cross right in front of left  
15-16      Unwind making full turn left

## MAMBO STEPS, TRIPLE ¾ TURN LEFT, SAILOR STEP LEFT

17&18      Rock forward right, back left, together right  
19&20      Rock back left, rock forward left, together left  
21&22      Make triple ¾ turn left stepping left, right, left  
23&24      Sailor step left

## HEEL JACKS, CROSS ¾ TURN, COASTER STEP

25&26      Cross right in front of left, spring back on left, place right heel diagonally forward  
&27&28      Spring right in place, cross left in front, spring back on right, place left heel forward  
&29      Spring left into place, cross right in front  
30      Unwind making ¾ turn left  
31&32      Coaster step left

## REPEAT

### TAG 1

After wall 4, wall 7, and wall 10

### PIVOT ¼ TURN LEFT TWICE, KNEE TWISTS

1-4      Step forward right, ¼ turn left (twice)  
5-6      Twist left knee in, out  
7&8      Twist left knee in, out, in  
9-10      Twist left knee out, in  
11&12      Twist left knee out, in, out

### ½ TURN LEFT STEPPING RIGHT TO SIDE, STEP LEFT, KNEE TWISTS, HIP ROLLS

13-20      On ball of left make half turn left stepping right to side, step left in place, twist left knee in & out, circle hips to the left twice

### TAG 2

After completing Tag 1 after walls 7 and 10

### PIVOT ¼ TURN LEFT TWICE, KNEE TWISTS

1-4 Step forward right,  $\frac{1}{4}$  turn left (twice)  
5-6 Twist left knee in, out  
7&8 Twist left knee in, out, in

**$\frac{1}{2}$  TURN LEFT STEPPING RIGHT TO SIDE, STEP LEFT, KNEE TWISTS, HIP ROLLS**

9-16 On ball of left make  $\frac{1}{2}$  turn left stepping right to side, step left in place, twist left knee in & out, circle hips to the left twice

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