

Don't Stop Moving

拍数: 64 墙数: 4 级数: Improver
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音乐: Don't Stop Movin' - S Club 7



TRIPLE STEP(RIGHT) TRIPLE STEP(LEFT), FLICK BALL CHANGE, LEFT PIVOT TURN

1&2 Triple step, right left right
3&4 Triple step, left right left
5&6 Flick ball change right
7 Small step forward on the right foot
8 Pivot ½ turn to the left, (on the balls of the both feet) recovering weight onto the left foot
9-16 Repeat steps 1-8 (you are now facing the back wall)

SIDE, CLOSE, SIDE, OUT, HIP ROCKS

17 Step right foot to right side
18 Step left foot to join right foot
19 Step right foot to right side
20 Step left foot to the left
21-24 Four hip rocks, left, right, left, right
25-32 Repeat to the left

HIP ROCKS AND CLAPS

33 Rock hip to the left
34 Clap high
35 Rock hip to the right
36 Clap high
37-40 Repeat 33-36

OUT, IN, ROLL, ROLL REPEAT

41 Tap right foot to right side
42 Step right foot next to left (in place)
43-44 Roll arms twice
45 Tap left foot to left side
46 Tap left foot next to the right foot
47-48 Roll arms twice

CROSSING WEAVE RIGHT, ROCK, RECOVER, CHA-CHA-CHA

49 Step left foot across in front of right foot
50 Step side on right foot
51 Step left foot across behind right foot
52 Step side on right foot
53 Step left foot across right foot and rock diagonally forward
54 Recover weight onto right foot
55&56 Cha-cha-cha left, right, left

SHUFFLE (RIGHT), SHUFFLE (LEFT), GRAPEVINE (RIGHT) WITH ¼ TURN

57&58 Step right foot forward, close left foot beside right, step right foot forward
59&60 Step left foot forward, close right foot beside left, step left foot forward
61 Step right foot to right
62 Step left foot across behind right
63 Step right foot to right making a ¼ turn to the right

REPEAT
