

Please Don't Stop

COPPERKNOB
BY STEPHEN HETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: David Spencer (UK) - October 2007
音乐: Don't Stop the Music - Rihanna : (CD: Good Girl Gone Bad)



Quick Intro: Start on the word "MUSIC" when she sings Please Don't Stop the Music (on the first proper beat)

Diagonal steps forward. Jazz box cross. R side rock and cross.

- 1 – 2 Small step forward on R to R diagonal. Small step forward on L to L diagonal.
- 3 – 4 Cross R over L. Step back on L to L diagonal.
- 5 – 6 Step R to R Side. Cross L over R.
- 7 & 8 Rock out on R to R side. Recover on L. Cross R over L. [12.00]

Two x ¼ turns R. Cross. 2 x ¼ turns L. Cross. L Kick-Ball Point.

- 1 – 2 Turn ¼ R stepping back on L. Turn ¼ R stepping R to R side.
- 3 – 4 Cross L over R. Turn ¼ L stepping back on R.
- 5 – 6 Turn ¼ L stepping L to L side. Cross R over L.
- 7 & 8 Kick L forward. Step down onto L. Point R toe to R side. [12.00]

Heel twists making ¼ and ½ turn. Back rock. Full turn R. L Mambo.

- 1 – 2 Twist both heels to L making ¼ turn R. [3.00] Twist both heels to R making ½ turn L. (weight on R) [9.00]
- 3 – 4 Rock back on L. Recover on R.
- 5 – 6 ½ turn R stepping back on L. ½ turn R stepping forward on R.
- 7 & 8 Rock forward on L. Recover back on R. Step back on L. [9.00]

(&) Step Back L. Back rock. Step forward. Step pivot ½ turn R. Full turn R.

- &1- 2 Close R next to L. Step back on L. Rock back on R.
- 3 – 4 Recover forward on L. Step forward on R.
- 5 – 6 Step forward on L. Pivot ½ turn R.
- 7 – 8 ½ turn R stepping back on L. ½ turn R stepping forward on R. [3.00]

Forward rock. Back-Cross-Back-Side. L Sailor ½ turn L.

- 1 – 2 Rock forward on L. Recover back on R.
- 3 - 4 Step back L on L diagonal. Cross R over L.
- 5 – 6 Step back on L. Step R to R side.
- 7 & 8 Cross L behind R making ¼ turn L. Step R to R side making ¼ turn L. Step L in place. [9.00]

Monterey ½ turn R. Side-Touch. ¼ Turn-Touch. Heel switches making ¼ turn R.

- 1 – 2 Point R toe to R side. Make ½ turn R closing R next to L. [3.00]
- 3 – 4 Long step L on L. Touch R toe next to L.
- 5 – 6 Turn ¼ R stepping forward on R. Touch L toe next to R. [6.00]
- 7 & 8 Tap L heel forward. Close L next to R making ¼ turn R. Tap R heel forward. [9.00]

Back rock. Shuffle ½ turn L. Back rock. Shuffle ½ turn R

- 1 – 2 Rock back on R. Recover forward on L.
- 3 & 4 Shuffle ½ turn to L stepping R-L-R. [3.00]
- 5 – 6 Rock back on L. Recover forward on R.
- 7 & 8 Shuffle ½ turn to R stepping L-R-L. [9.00]

Slide back R-L. Reverse ¼ turn R. Forward rock. Shuffle ½ turn L.

- 1 – 2 Slide R foot back. Slide L foot back.
- 3 – 4 Touch R toe back. Pivot ¼ turn R (weight on R). [12.00]

5 – 6 Rock forward on L. Recover back on R.
7 & 8 Shuffle ½ turn to L stepping R-L-R. [6.00]

Begin again.
