

Don't Stop (Mama Se)

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
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音乐: Don't Stop the Music - Rihanna : (CD: Good Girl Gone Bad)



WIZARD STEPS, DRAG, SYNCOPATED WEAVE

1-2&3 Step diagonal forward right, cross left behind, forward right, diagonal forward left

4&5 Cross right behind, forward left, big side step right

6&7&8 Hold, behind left, side right, in front left, side right with 1/8 turn right

Easier option:

Don't do the syncopated weave, just hold 6, cross behind left, side right

CROSS ROCKS TURNING SAILOR

1-2-3&4 Turning 1/8 turn right forward left and rock, recover right, sailor turning 1/2 turn to left by hooking left behind right, turning to left stepping on right, finish half turn by stepping on left

5-6-7&8 Forward right and rock, recover left, sailor turning 1/2 turn to right by hooking right behind left, turning to right stepping on left, finish half turn by stepping on right

Easier option:

Just don't do the turning sailor. It can either be a half turning shuffle or rock recover coaster 2 times and it all ends up in the same place

PIVOT TURN SHUFFLE, SIDE ROCK VINE

1-2-3&4 Pivot turn (stationary) by stepping forward left, turn 1/2 turn to right stepping on right, shuffle forward left-right-left by stepping forward left, together right, forward left

5-6-7&8 Rock to side right, recover left, vine left by crossing behind right, side left, cross in front right

HIP WALKS, FAST MAMBO WITH TURN

1-2 Step forward diagonal left with left hip going to side, step forward diagonal right with right hip going to side

3&4& Syncopated mambo step with quarter turn by rocking forward left, recover right, rock back left, turn 1/4 turn to right as you recover right

5&6& Syncopated mambo step with quarter turn by rocking forward left, recover right, rock back left, turn 1/4 turn to right as you recover right

7&8 Syncopated mambo step by rocking forward left, recover right, rock back left and get ready to start over

Easier option:

Replace syncopated mambo with paddle turns by rocking forward left, recover right with 1/4 turn right. Do that 2 times and last one do a forward left touch right

REPEAT
