

Don't Stop

拍数: 32 墙数: 4 级数: Improver
编舞者: Ron Tate (UK) - June 2011
音乐: Don't Stop (Thinking About Tomorrow) - Fleetwood Mac : (CD: Greatest Hits)



Count in: 16 beats from heavy beat. (Dance starts just before vocals kick in)

Jazz Jumps Forward & Back with Holds & Claps, Rock Steps, Kick-Ball-Change

&1-2 Jazz Jump Forward (R) (L), Hold For 1 Count & Clap
&3-4 Jazz Jump Back (R) (L), Hold For 1 Count & Clap
5-6 Rock Back (R), Rock Forward (L)
7&8 Kick (R) Forward, Step (R) Next To (L) & Step Down On (L)

Side Rocks, Cross Shuffle, 2x ¼ Turns, Cross Shuffle

1-2 Side Rock (R), Side Rock (L)
3&4 Cross (R) Over (L), Step (L) To Side & Cross (R) Over (L)
5-6 Step (L) To Side Making A ¼ Turn (R), On Ball Of (L) Make A ¼ Turn (R) Stepping (R) To Side
7&8 Cross (L) Over (R), Step (R) To Side & Cross (L) Over (R)

Side Rocks, Sailor ¼ Turn, Step-Pivot-Turn, Shuffle

1-2 Side Rock (R), Side Rock (L)
3&4 Sailor ¼ Turn (R) Stepping (R L R)
5-6 Step Forward (L), Pivot ½ Turn (R)
7&8 Shuffle Forward (L R L)

2x ½ Turns (or) 2x Walks Forward, Shuffle, Rock Steps, Coaster

1-2 Step Forward (R), Pivot ½ Turn (L), On Ball Of (R) Pivot ½ Turn (L) Stepping Forward (L)

NB. Easier Alternative: 1-2 Walk Forward (L), Walk Forward (R)

3&4 Shuffle Forward (R L R)
5-6 Rock Forward (L), Rock Back (R)
7&8 Step Back (L), Step (R) Next To (L) & Step Forward (L)

REPEAT STEPS
