

# Music

拍数: 96                      墙数: 2                      级数: Phrased Intermediate  
编舞者: Bronya Bishorek (MY) - February 2012  
音乐: Don't Stop the Music - Rihanna



Count In : 64 cts - Sequence : AAA BB AA BB C A BB C+½

## PART A (32 counts)

### WALKS - SLOW, SLOW, QUICK, QUICK, QUICK, CHA CHA CHA

1-4                      Walk f/wd LF, hold, walk f/wd RF, hold  
5-7                      Walk f/wd - LF, RF, LF  
8&1                      Cha cha lock step f/wd - RF, LF, RF

### FORWARD, SIT, CROSS POINT, CROSS POINT, PADDLE ROLL

2-3                      Step f/wd LF, ½ pivot turn R (weight remains on LF) & sit  
4-5                      Stand up and step RF across [5:00], point LF to L  
6-7                      Step LF across [7:00], point RF to R  
8&1                      ¼ turn L & point RF to R [3:00], ¼ turn L & point RF to R [12:00]

(Roll your hips ACW as you perform this step to make it sexier )

### CROSS, DRAG, CHA CHA CHA, PREP, SPIN, SAILOR STEP

2-3                      Step RF across [11:00], 3/8 pivot turn R (weight remains on RF) & pull L toe next to R heel [3:00]  
4&5                      Cha cha lock step f/wd - LF, RF, LF  
6-7                      Step f/wd RF (prepare shoulders for R turn), ¾ spin turn R [12:00] (finish with weight on LF)  
8&1                      Sailor step - RF, LF, RF

### CROSS, HITCH, CROSS BALL HALF, CROSS, SWEEP, SAILOR STEP

2-3                      Step LF across [1:00], ¼ pivot L (weight on LF) & hitch R knee [11:00]  
4&5                      Step RF f/wd [11:00], step ball of LF next to R heel, turn more then 5/8 R & step RF f/wd [6:00]  
6-7                      Step LF across [7:00], recover on RF & sweep LF from front to back  
8&                      Step LF behind & across R, step RF next to L

(This is like a sailor step that then joins onto whatever the next part is on the count of 1)

## PART B (32 counts)

### CROSS SIDE STEP, CROSS SIDE STEP, CROSS SIDE STEP, CROSS TURN RIGHT

1&2                      Step LF across [1:00], step RF to R side, step LF in place  
3&4                      Step RF across [11:00], step LF to L side, step RF in place  
5&6                      Step LF across [1:00], step RF to R side, step LF in place  
7-8                      Step RF across [11:00], 5/8 pivot turn R & drag L toe to R heel [6:00]

(Weight remains on RF)

### CROSS SIDE STEP, CROSS SIDE STEP, CROSS SIDE STEP, CROSS TURN RIGHT

(On opposite wall)

1&2                      Step LF across [1:00], step RF to R side, step LF in place  
3&4                      Step RF across [11:00], step LF to L side, step RF in place  
5&6                      Step LF across [1:00], step RF to R side, step LF in place  
7-8                      Step RF across [11:00], 5/8 pivot turn R & drag L toe to R heel [6:00]

(Weight remains on RF)

### CROSS HIP BUMP, CROSS HIP BUMP, WALK, WALK, HIP FLICK, HIP FLICK

1&2                      Step LF across [1:00], step ball of RF next to L, step LF in place

**(Flick your hip on the count of '&')**

3&4 Step RF across [11:00], step ball of LF next to R, step RF in place

**(Flick your hip on the count of '&')**

5-6 Cross walk f/wd - LF [1:00], RF [11:00]

7&8 ¼ turn R [3:00] & point LF to L while flicking hip, pull in LF, ¼ turn R [6:00] & point LF to L

**CROSS HIP BUMP, CROSS HIP BUMP, WALK, WALK, HIP FLICK, HIP FLICK**

**(On opposite wall)**

1&2 Step LF across [1:00], step ball of RF next to L, step LF in place

**(Flick your hip on the count of '&')**

3&4 Step RF across [11:00], step ball of LF next to R, step RF in place

**(Flick your hip on the count of '&')**

5-6 Cross walk f/wd - LF [1:00], RF [11:00]

7&8 ¼ turn R [3:00] & point LF to L while flicking hip, pull in LF, ¼ turn R [6:00] & point LF to L

**PART C (32 counts)**

**F/WD ROCK, CHA CHA TURN, F/WD ROCK, CHA CHA HALF**

1-2 Step f/wd LF, recover back RF

3&4 ½ turn L step f/wd LF [6:00], ½ turn L step b/wd RF [12:00], ½ turn L step f/wd LF [6:00]

5-6 Step f/wd RF, recover back on LF

7&8 ¼ turn R step RF to R, step LF next to R, ¼ turn R step RF f/wd

**CROSS BOX ¼ SIDE, CROSS BOX ¼ SIDE**

1-2 Step LF across, step RF back

3-4 ¼ turn L step LF f/wd [9:00], step RF to side

5-6 Step LF across, step RF back

7-8 ¼ turn L step LF f/wd [6:00], step RF to side

**F/WD ROCK, CHA CHA TURN, F/WD ROCK, CHA CHA HALF**

**(On opposite wall)**

1-2 Step f/wd LF, recover back RF

3&4 ½ turn L step f/wd LF [6:00], ½ turn L step b/wd RF [12:00], ½ turn L step f/wd LF [6:00]

5-6 Step f/wd RF, recover back on LF

7&8 ¼ turn R step RF to R, step LF next to R, ¼ turn R step RF f/wd

**CROSS BOX ¼ SIDE, CROSS BOX ¼ SIDE**

1-2 Step LF across, step RF back

3-4 ¼ turn L step LF f/wd [9:00], step RF to side

5-6 Step LF across, step RF back

7-8 ¼ turn L step LF f/wd [6:00], step RF to side

**HAVE FUN !**

For a more challenging workout, try this sequence which starts on the word 'music' in the beginning of the song "Please don't stop the music....."

Challenge sequence : BB AAA BB AA BB C A BB C+½

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