

Don't Stop Movin'

COPPER KNOB
BY STEPHEN

拍數: 68 牆數: 4 級數: Phrased Intermediate
編舞者: Stella Kim (KOR) - August 2015
音樂: Don't Stop Movin' - S Club 7



Intro: 32 counts - Sequence: intro-A-A-A-B-A(16c)-A-A-B-A-A-B(32c)-B-A

PART A (32 counts)

SECTION A1: (KICK BALL SIDE TOUCH) X2, CROSS, 1/4 TURN R WITH BACK, 1/4 TURN R WITH FORWARD SHUFFLE

1&2 RF kick, RF ball, LF side touch
3&4 LF kick, LF ball, RF side touch
5-6 RF cross over LF, 1/4 turn to R with backward
7&8 1/4 turn to R with RF forward, LF next RF, RF forward (6:00)

SECTION A2: FULL TURN, FORWARD SHUFFLE, 1/4 TURN R WITH CROSS SHUFFLE, 1/2 TURN L WITH CROSS SHUFFLE

1-2 1/2 turn to R with LF backward, 1/2 turn to R with RF forward
3&4 LF forward, RF next LF, LF forward
5&6 1/4 turn to R with RF cross over LF, LF side, RF cross over LF
7&8 1/2 turn to L with LF cross over RF, RF side, LF cross over RF(3:00)

*RESTART HERE

SECTION A3: BACKWARD WITH DRAG, COASTER STEP, FORWARD TOUCH & HIP BUMP, 1/4 TURN R WITH TOUCH & HIP BUMP, 1/4 TURN R

1-2 RF backward long step, LF drag
3&4 LF backward, RF closed LF, LF forward
5&6 RF forward touch & bump hip R, bump hip L, bump hip R shifting weight to R
7&8 1/4 turn to R with side touch & bump hip L, bump hip R, 1/4 turn to R with LF slightly back(9:00)

SECTION A4: 1/4 TURN R WITH TOUCH & HIP BUMP, 1/4 TURN R, 1/4 PIVOT TURN R, CROSS, SIDE, 1/4 TURN L WITH BEHIND, BESIDE, FORWARD SHUFFLE

1&2 1/4 turn to R with RF side touch & bump hip R, bump hip L, 1/4 turn to R with RF slightly forward
3&4 LF forward, pivot 1/4 turn R, LF cross over RF
5-6& RF side, 1/4 turn to L with LF behind, RF next LF
7&8 LF forward, RF next LF, LF forward(3:00)

PART B (36counts)

SECTION B1: SCUFF, HITCH, BOTH FEET OUT, HOLD, BOTH FEET CROSS, BOTH FEET OUT, 1/4 TURN R WITH WEIGHT CHANGE, TOE TOUCH WITH CLAP TWICE, IN PLACE AND HEEL TOUCH WITH SHIMMY

1&2 RF scuff, RF hitch, both feet out at the same time
3&4 hold, LF cross over RF and at the same time RF cross behind LF, both feet out at the same time
5-8 1/4 turn to R with RF weight change, LF toe touch with clap twice, LF in place and RF heel touch with shimmy

SECTION B2: INPLACE, TOE TOUCH WITH CLAP TWICE, IN PLACE AND HEEL TOUCH WITH SHIMMY, (INPLACE, TOE TOUCH, INPLACE, HEEL TOUCH) X2

1-4 RF in place, LF toe touch with clap twice, LF in place and RF heel touch with shimmy
5&6& RF in place, LF toe touch, LF in place, RF heel touch
7&8& RF in place, LF toe touch, LF in place, RF heel touch

SECTION B3: INPLACE, 1/4 TURN R WITH SCUFF, HITCH, 1/4 TURN R WITH SIDE, HOLD, CROSS, CROSS, BACK, BACK

1-2& RF in place, 1/4 turn R with LF scuff, LF hitch
3-4 1/4 turn to R with side, hold
5-8 RF cross over LF, LF cross over RF, RF diagonal back(hip push), LF diagonal back(hip push)(6:00)

SECTION B4: CROSS, CROSS, BACK, BACK, (HEEL, INPLACE) X3, FORWARD

1-4 RF cross over LF, LF cross over RF, RF diagonal back(hip push), LF diagonal back(hip push)
5&6& RF heel touch, in place, LF heel touch, in place
7&8 RF heel touch, in place, LF forward(6:00)

***RESTART HERE**

SECTION B5: FORWARD SHUFFLE, 1/4 TURE L WITH FORWARD SHUFFLE

1&2 RF forward, LF next RF, RF forward
3&4 1/4 turn to L with LF forward, RF next LF, LF forward

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<http://www.youtube.com/user/thetrianglelinedance>
