

Don't Stop

拍數: 32 牆數: 4 級數: Beginner
編舞者: Cindi Talbot (CAN)
音樂: Don't Stop - No Authority



4-STEP SHUFFLE, STEP SLIDE

1&2&3-4 Moving right, step right-left-right-left (1&2&). Take big step right. Bring left foot in beside right
5&6&7-8 Moving left, step left-right-left-right. Take big step left. Bring right foot in beside left

RUNNING MAN

9& Step right, hitch left knee while sliding back on right
10& Step left, hitch right knee while sliding back on left
11& Step right, hitch left knee while sliding back on right
12& Step left, hitch right knee while sliding back on left

SLOW ROCKS FORWARD&BACK

13-14 Step forward right, in place on left, using hips
15-16 Step back on right, in place on left, using hips

QUICK ROCKS, CLAPS

17& Step forward right, in place left
18& Step back right, in place left
19&20 Step forward right, clap 2 times

¼ TURN LEFT. OUT, OUT, IN

21-22 With left, take big step, making ¼ turn left. Touch right toe beside left
23&24 Step out to right, step out to left, step right next to left, putting weight on right

3 QUICK ROCKS, HIP ROLL

25&26 Step left across right, step right in place, step left beside right
27&28 Step right across left, step left in place, step right beside left
29&30 Step left across right, step right in place, step left beside right
31-32 Roll hips

REPEAT
