

Don't Stop

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Laura Davidson
音樂: Don't Stop Movin' - S Club 7



- 1-2 Walk forward stepping left, right
3 Step back on left foot
4 Touch right foot beside left
5&6 Shuffle back stepping right-left-right
7-8 Rock weight back on to left then forward onto right
- 9-10 Complete a full turn moving forward stepping left, right
&11 Touch left toe to right instep, replace weight on to left
&12 Touch right heel forward, replace weight on to left
&13 Repeat counts &11
&14 Repeat counts &12
15 Step left foot forward
16 Pivot $\frac{1}{4}$ turn right (weight remains on right)
- 17 Step left foot forward making $\frac{1}{4}$ turn left
18 Step right foot forward to complete $\frac{1}{2}$ turn left
19&20 Left coaster step (left back, right back, left forward)
21&22 Shuffle $\frac{1}{2}$ turn left stepping right-left-right
23-24 Rock weight back on to left, rock weight forward on to right
- 25&26 Shuffle $\frac{1}{4}$ turn left, stepping left-right-left
27 Stomp right foot beside left (weight remains on left)
28 Kick right foot forward
29&30 Right coaster step (right back, left back right forward)
31-32 Step left foot forward, pivot $\frac{1}{2}$ turn right
33-34 Walk forward stepping left-right
35&36 Left shuffle forward stepping left-right-left
37-38 Walk forward stepping right-left
39&40 Right shuffle forward stepping right-left-right
- 41-42 Step left foot forward, pivot $\frac{1}{2}$ turn right
43&44 Left shuffle forward stepping left-right-left
45&46 Stomp right, left, right in place
47-48 Walk forward stepping left-right

REPEAT

Option

- 47-48 Complete a full turn right stepping left-right