

Don't Stop

拍數: 0 牆數: 4 級數: Intermediate
編舞者: Matt Barrett (UK)
音樂: Don't Stop Movin' - S Club 7



Sequence: (Start the dance 16 counts into track) A, A (1-32), B, A (1-48), B, A (1-40), B (1-32), B, A (1-8)

SECTION A

1-2 Step right forward, hold
3-4 Turn head left, turn body left
5-6 Step right forward, hold
7-8 Turn head left, turn body left

These steps are done robotically

&9&10 Side left, right across left, side left, right behind left
&11&12 Side left, right together, heels and arm go up and down
&13&16 Same as above but leading with the right

17-20 Right ½ Monterey turn, tap left next to right
21-22-23&24 Left lock step with a left shuffle forward

25-26 Right rock forward and back
27&28 ½ Turn with right shuffle forward
29-30 Full turn to the right in two half turns starting on the left for ½ then on the right for ½
31-32 Skate left and right forward

33-34 Left rock out and in
35&36 Left sailor step
37-38 Right rock out and in
39&40 Right sailor step

41-44 Left rolling grapevine
45-48 Right rolling grapevine

&49-52 Hitch left knee, step left to side, slide right to meet left
&53-55 Hitch right knee, step right to side, slide left to meet right
&56-57 Step onto left, right cross over left, hold
58-59 Turn head left, hold
60-63 Then slowly unwind ¾ to left

SECTION B

STREET WISE RUNNING MAN STEPS

1&2& Jump feet apart at diagonals (right forward, left back), jump feet together hitching left knee, jump feet apart at diagonals (left forward, right back), jump feet together hitching right knee
3&4& Jump feet apart, jump feet together (both feet on floor) jump feet apart, jump feet together hitching left knee
5&6& Jump feet apart at diagonals (left forward, right back), jump feet together hitching right knee, jump feet apart at diagonals (right forward left back), jump feet together hitching left knee
7&8& Jump feet apart, jump feet together. Jump feet apart, jump feet together (weight on left)
9&10 Kick right forward, step onto right, tap left to left

11-12	Bump hips left roll hips to right while turning a ¼ right
13-16	Strut right strut left
17&18	Kick right, kick left
&19&20	Right shuffle forward
21&22	Kick left, kick right
&23&24	Left shuffle forward
25-28	Cross right over left, step left back, step right to side, cross left over right
29-32	Step right back, left to side, step right forward pivot ¼ turn left
33-36	Scuff right to side, scuff left to side
37-38	Look down to the floor look forward
39-40	Arms to the left as if holding a rope (head also faces left). As you pull arms to chest right slides next to left
These steps are done robotically	
41&42&	Right tap right, together, left tap left, together
43-44	Right tap right, ¼ turn left (weight back on right)
45-46	Rock body forward onto left bending right knee, rock back onto right bending left knee
47-48	Repeat steps 45-46
49&50	Left side shuffle left
51-52	Rock back onto right rock forward onto left
53&54	Right side shuffle right
55-56	Rock back onto left rock forward onto right
57&58	Left shuffle forward
59-60	Right ronde ½ turn to left (weight on left)
