

# Don't Stop

**COPPER KNOB**  
STEPSHEETS

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
<b>These steps are done robotically</b>	
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)

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