

Don't Stop (Doin' It)

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Jo Thompson Szymanski (USA)
音樂: Don't Stop (Doin' It) - Anastacia



STEP, KNEE/PUSH, COASTER STEP, HIP WALK FORWARD RIGHT AND LEFT

- 1-2 Step forward with right foot, lift left knee forward so that left foot is at the inside of right knee, push both hands forward
- 3&4 Step back with left, step together with right, step forward with left
- 5&6 Place right foot forward bump hips right, hips return to center, bump hips right shifting weight to right foot
- 7&8 Place left foot forward bump hips left, hips return to center, bump hips left shifting weight to left foot

¼ TURN LEFT, SCISSORS, ½ TURN RIGHT & CROSS, SIDE, DRAG, BALL CROSS TWICE

- 1&2 Turn ¼ left and step right foot to right side, step left foot together, step right foot across front of left
- 3&4 Turn ¼ right and step back with left foot, turn ¼ right and step right foot to right side, step left foot across front of right
- 5-6 Large step with right foot to right side, hold as left foot drags in toward right
- 8&7&8 Step back with ball of left foot, step right foot across front of left, step left foot to left side, step right foot across front of left

TURN ¼ LEFT, CROSS, PUSH/POINT SIDE RIGHT, CROSS, ¼ TURN RIGHT, 2 SAILORS

- 1-2 Turn ¼ left and step left foot across front of right, point right toe to right side, push right hand to right side
- 3-4 Step right foot across front of left, turn ¼ right and step back with left foot
- 5&6 Step right foot crossed behind left, step left foot to left side, step right foot in place
- 7&8 Step left foot crossed behind right, step right foot to right side, step left foot in place

2 KICK BALL CHANGES MOVING FORWARD, ¼ TURN LEFT, WEAVE ACROSS, ¼ TURN LEFT

- 1&2 Kick right foot forward, step together with right, step forward with left
- 3&4 Kick right foot forward, step together with right, step forward with left
- 5-6 Step forward with right, turn ¼ left shifting weight to left foot
- 7&8& Step right foot across front of left, step left foot to left side, step right foot crossed behind left, turn ¼ left, step forward with left foot

REPEAT

RESTART

After the 10th repetition, you will do the first 8 counts of the dance and then restart from the beginning. You will be facing the back when this happens