

Don't Stop

拍數: 0 牆數: 0 級數:
編舞者: Vikki Morris (UK)
音樂: Don't Stop Movin' - S Club 7



Sequence: AAA, BBB, TAG, AA, BBBB, tag, A, B to end

PART A (VERSE)

RIGHT VINE, LEFT ROLLING TURN

- 1-4 Step right to right side, step left behind right, step right to right side and touch left next to right (clicking fingers)
5-8 Step left to left side $\frac{1}{4}$ turn, step right $\frac{1}{2}$ turn step left $\frac{1}{4}$ turn and touch right next to left.

SWIVEL HEELS, WALK BACK, TOUCH AND CLICK FINGERS

- 9-12 On balls of both feet swivel heels right, left, right, left (weight ends up on left)

Advanced option: applejacks

- 13-16 Walk back on right, left, right, touch left across and in front of right foot

LEFT LOCK STEP, RIGHT LOCK STEP, ROCK STEP TRIPLE $\frac{1}{2}$ TURN

- 17&18 Step left diagonally forward left, lock right behind left and step left diagonally forward left
19&20 Step right diagonally forward right, lock left behind right and step right diagonally forward right
21-22 Rock forward on left, recover weight onto right foot
23&24 Turn $\frac{1}{2}$ turn over left shoulder on left, right left

SIDE ROCK, SAILOR STEP, SIDE ROCK, FULL TURN

- 25-26 Rock to right side on right, recover on left
27&28 Step right behind left, rock left to left side, recover weight on right
29-30 Rock to left side on left, recover on right
31&32 Turn full turn over left shoulder on left, right, left

PART B (CHORUS)

HEEL DIG $\frac{1}{4}$ TURN RIGHT, COASTER STEP, ROCK STEP, COASTER STEP

- 1-2 Grind heel of right $\frac{1}{4}$ turn to right (as you start to do this take your right arm and turn to the left in front of your body, taking arm out to right and hold hand flat out in stop position)
3&4 Step right back, step left to it, step right slightly forward
5-6 Rock left forward, recover weight on right
7&8 Step right back, step left to it, step right slightly forward

STEP RIGHT, HIP BUMPS, TOUCH TURN

- 9-12 Step right turning body slightly left bumping hips right, left, right, left, (swing arms right left right left)
&13&14 Hitch right, turn $\frac{1}{4}$ turn touch right out to right side, hitch right turn $\frac{1}{4}$ turn touch right out to right side.
&15&16 Hitch right, turn $\frac{1}{4}$ turn touch right out to right side, hitch right turn $\frac{1}{4}$ turn touch right out to right side

TAG

ROCK FORWARD, ROCK BACK

This tag is done at the end of a chorus. The music will say "S Club beat"

- 1-4 Rock right foot forward, recover weight onto left, rock right foot back, recover weight onto left

FINISH

At the end of the dance you will have done the touch turns. You will then have four beats to finish to dance.

Take your arms, bent at elbows in front your body and do an "s" shape ending with hands together in front of body (as if praying)
