

# Don't Stop Movin'

**COPPER** **KNOB**  
BY STEPHEN BATES

拍數: 32      牆數: 4      級數: Intermediate/Advanced  
編舞者: Johnny S. (UK)  
音樂: Don't Stop Movin' - S Club 7



## ROCK & CROSS, HEEL BOUNCES WITH ¼ LEFT, PIVOT ½ TURN RIGHT, SHUFFLE ¾ TURN RIGHT

- 1&2      Step right foot to right side, recover weight onto left foot, cross right foot over left foot  
3&4      Bounce both heels three times while making ¼ turn left (weight ends on right foot)  
5-6      Step left foot forward, pivot ½ turn right  
7&8      Shuffle ¾ turn right on left, right, left

## RIGHT SAILOR, STOMP TWICE, LEFT & RIGHT HEEL JACKS

- 1&2      Step right foot behind left foot, step left foot to left, step right foot beside left foot  
3-4      Stomp left foot twice (no weight)  
5&6&      Step left foot back, touch right heel forward, step right foot in place, step left foot beside right foot  
7&8&      Step right foot back, touch left heel forward, step left foot in place, touch right foot beside left foot

## ¼ TURN RIGHT, CROSS SHUFFLE, RIGHT HEEL SWIVELS, ¼ TURN RIGHT TWICE

- 1-2      Rock-step right foot to right (with weight), recover weight onto left foot  
3&4      Cross right foot over left foot and shuffle to left on right, left, right (keep weight on right foot)  
5&6      On ball of right foot swivel right heel to left, center, left (left foot remains off ground until last swivel) - step left foot to left  
7-8      Step right foot ¼ turn to right, on ball of right foot pivot another ¼ turn right - stepping left foot to left

## STEP, ROCK-RECOVER, TRIPLE STEP ¾ TURN LEFT, FUNKY WALKS FORWARD

- &1-2      Step right foot beside left foot, cross-rock left foot over right foot, recover weight onto right foot  
3&4      Triple-step ¾ turn left on left, right, left  
5-8      Walk forward on right, left, right, left - swiveling heels in and out when walking (or rolling 'vine stepping right-left on 5-6)

## REPEAT

Counts 29-32

## ALTERNATIVE "RUNNING MAN" STEPS FOR THE MORE ATHLETIC DANCERS - MOVING FORWARD

- 5&      Step right foot forward, scoot back on right foot while hitching left knee  
6&      Step left foot forward, scoot back on left foot while hitching right knee  
7&      Step right foot forward, scoot back on right foot while hitching left knee  
8      Step left foot forward

## TAG

After the words "...taking you to the places...", dance the first 4 sequences straight through (32 counts each), then add a 20 count tag (once only). To do this just repeat the first 16 counts as above, and add the following 4 counts on to the end

- 1&2&3&4      With right foot beside left foot sway hips left, right, left, right, left, right, left (weight ends on left foot) - then restart at the beginning

You will dance a further 4 sequences (32 counts each), then there is another 4 count tag after you step the left foot forward on count 32. For this just add the 4 count hip sway tag as above. Then restart again from the beginning and dance till the end of the music

When dancing to the "Jewels & Stone Mix" (track 2) on the single, dance 2 more sequences after the second tag then add the 4 count tag with hip sways again; then restart from the beginning and dance to end of music

