

Don't Stop Movin

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Andreina Signori (UK)
音樂: Don't Stop Movin' - S Club 7



SYNCOPATED GRAPEVINE LEFT FINISHING WITH ½ TURN LEFT

1&2 Cross right in front of left, step left to side, cross right behind left
&3-4 Step left to side, cross right in front of left, unwind making ½ turn left

SYNCOPATED GRAPEVINE LEFT FINISHING WITH ¼ TURN LEFT

5&6 Cross right in front of left, step left to side, cross right behind
&7-8 Step left to side, cross right in front of left, unwind making ¼ turn left

COASTER STEP RIGHT, 2X ¼ TURN

9&10 Step back right, bring right together, step forward left
&11&12 Making ¼ turn right on ball of right point left to the side (twice)

KICK LEFT, CROSS RIGHT IN FRONT, UNWIND FULL TURN

13&14 Kick left across right, step left to side, cross right in front of left
15-16 Unwind making full turn left

MAMBO STEPS, TRIPLE ¾ TURN LEFT, SAILOR STEP LEFT

17&18 Rock forward right, back left, together right
19&20 Rock back left, rock forward left, together left
21&22 Make triple ¾ turn left stepping left, right, left
23&24 Sailor step left

HEEL JACKS, CROSS ¾ TURN, COASTER STEP

25&26 Cross right in front of left, spring back on left, place right heel diagonally forward
&27&28 Spring right in place, cross left in front, spring back on right, place left heel forward
&29 Spring left into place, cross right in front
30 Unwind making ¾ turn left
31&32 Coaster step left

REPEAT

TAG 1

After wall 4, wall 7, and wall 10

PIVOT ¼ TURN LEFT TWICE, KNEE TWISTS

1-4 Step forward right, ¼ turn left (twice)
5-6 Twist left knee in, out
7&8 Twist left knee in, out, in
9-10 Twist left knee out, in
11&12 Twist left knee out, in, out

½ TURN LEFT STEPPING RIGHT TO SIDE, STEP LEFT, KNEE TWISTS, HIP ROLLS

13-20 On ball of left make half turn left stepping right to side, step left in place, twist left knee in & out, circle hips to the left twice

TAG 2

After completing Tag 1 after walls 7 and 10

PIVOT ¼ TURN LEFT TWICE, KNEE TWISTS

1-4 Step forward right, $\frac{1}{4}$ turn left (twice)
5-6 Twist left knee in, out
7&8 Twist left knee in, out, in

$\frac{1}{2}$ TURN LEFT STEPPING RIGHT TO SIDE, STEP LEFT, KNEE TWISTS, HIP ROLLS

9-16 On ball of left make $\frac{1}{2}$ turn left stepping right to side, step left in place, twist left knee in & out, circle hips to the left twice
