

Don't Stop Movin

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 4 級數: Intermediate/Advanced
編舞者: Cameron Stuart (USA)
音樂: Don't Stop Movin' - S Club 7



Sequence: AA, AB, CA, AB, CC, AB, B(1-32), CC

PART A

KICK BALL TOUCH, TOUCH, HEEL, STEP TURN (½ LEFT) TWICE

1&2 Kick right foot, replace right foot beside left, touch left foot to left side
& Replace left foot beside right foot
3&4 Touch right foot to right side, replace right foot beside left foot, place left heel out in-front
& Replace left heel beside right foot
5-6 Step forward on left foot, pivot ½ turn left
7-8 Step forward on left, pivot ½ turn left

KICK BALL TOUCH, TOUCH, HEEL, STEP TURN(½ RIGHT) TWICE

9&10 Kick left foot, replace left foot beside right, touch right foot to right side
& Replace right foot beside left foot
11&12 Touch left foot to left side, replace left foot beside right foot, place right heel out in-front
& Replace right heel beside left foot
13-14 Step forward on right foot, pivot ½ turn right
15-16 Step forward on right, pivot ½ turn right

SLIDE, HOLD, STEP RECOVER TWICE

17-18 Slide right foot to right side, bring left foot to right
19&20 Hold for one beat, step back with left foot, recover onto right foot
21-22 With weight on right foot, slide left foot to right side, bring right foot to left
23&24 Hold for one beat, step back with right foot, recover onto left foot

WALK X4, STEP TURN (½ LEFT), DOWN, UP

25-26 With weight on left foot, step forward with right foot, step forward on left foot
27-28 Step forward on right foot, step forward on left foot
29-30 Step forward on right foot, pivot ½ turn right
31-32 Bend knees and go down, straighten knees and stand up

PART B

OUT, OUT, WIGGLE, JAZZ BOX

33-34 Place left foot out to left side, place right foot to right side
35-36 Wiggle hips to the right, wiggle hips to the left
37-38 Bring left foot in-front of right, rock back on right foot
39-40 Recover on left foot and touch to left, bring right foot to left

PADDLE FULL TURN (LEFT), STEP, FULL TURN (RIGHT)

41&42 Step forward on right, make ¼ turn left, step forward on right
& Make ¼ turn left
43&44 Step forward on right, make ¼ turn left, step forward on right
& Make ¼ turn left
45-46 Step forward on right foot, step forward on left foot making ½ turn right
47-48 Bring right foot around making ½ turn right, bring body ¼ turn right stepping left foot next to right

OUT, OUT, WIGGLE, JAZZ BOX

- 49-50 Place right foot out to left side, place left foot to right side
51-52 Wiggle hips to the right, wiggle hips to the left
53-54 Bring right foot in-front of left, rock back on left foot
55-56 Recover on right foot and touch to right, bring left foot to right

CHASSE (RIGHT), ROCK, CHASSE (LEFT), ROCK, COASTER STEP

- 57&58 Step right foot to right side, bring left foot up to right, step right foot to right side
59-60 Rock back on left, recover on right
61&62 Step left foot to left side, bring right foot up to left, step left foot to left side
63&64 Rock back on right, step back on left, step forward on right

WALK, SHUFFLE (LEFT), STEP

- 65-66 Step forward on left, step forward on right
& Bring left foot up to right foot
67-68 Step forward on right, step forward on left

PART C

LOCK STEP, SHUFFLE X3, STEP, LOCK STEP, SHUFFLE X3, STEP

- 71-72 Step forward right with right foot, lock left foot behind right
73&74 Step forward-right with right foot, bring left foot up to right, step forward-right on right foot
75&76 Step forward-left on left foot, bring right foot up to left, step forward-left on left foot
&77 Bring right foot up to left, step forward-left on left foot
78-79 Step forward-right with right foot, lock left foot behind right
80&81 Step forward-right with right foot, bring left foot up to right, step forward-right on right foot
82&83 Step forward-left on left foot, bring right foot up to left, step forward-left on left foot
&84 Bring right foot up to left, step forward-left on left foot
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