

Don't Stop The Music

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Paul Clifton (UK)
音樂: Don't Stop the Music - Lionel Richie



STEP, CROSS TOUCH, SIDE TOUCH, SAILOR STEP, CROSS ROCK, CHASSE RIGHT

1-3 Step right to right side. Touch left toe across right, touch left to left side
4&5 Cross left behind right, step right to right side, step left in place
6-7 Cross rock right over left, recover weight back to left
8&1 Step right to right side & step left next to right, step right to right side

CROSS ROCK, CHASSE ¼ LEFT, ROCK STEP, STEP BALL ROCK

2-3 Cross rock left over right, recover weight back to right
4&5 Step left to left side, & step right next to left, step left to left side completing ¼ turn left
6-7 Step & rock forward on right (bending knees slightly & pushing right hips forward), recover weight back to left
8&1 Step forward on right & step ball of left to left side, step right in place

CROSS TOUCH, ¼ TURN KICK, COASTER STEP, RIGHT LOCK STEP, FULL TURN TRAVELING FORWARD

2-3 Cross touch left over right, on ball of right ¼ turn left kicking left forward
4&5 Step back on left, step right beside left, step left forward
6&7 Step forward right, lock left behind right, step forward on right
8-1 Making ½ turn right step back on left, making ½ turn right step forward on right, (this full turn forward can be replaced by a prissy walk forward for those who don't like to spin)

STEP ¼ PIVOT, CROSSING SHUFFLE, SIDE ROCK, SAILOR STEP

2-3 Step forward on left, pivot ¼ turn right
4&5 Cross step left over right & step right to right side, cross step left over right
6-7 Rock right side on right & recover back onto left
8& Cross step right behind left, & step left to left side

The last step of this sailor step, is the beginning of dance

REPEAT
