Ain't Gonna Stop

拍數: 32

級數: Improver

編舞者: Dominic Femino - March 2008

音樂: Just Got Started Lovin' You - James Otto

牆數: 4

WIDE SWEEPING SAILOR SHUFFLES

- 1&2 Step right crossed behind left, step left to left side, step right to right side
- 3&4 Step left crossed behind right, step right to right side, step left to left side
- 5&6 Step right crossed behind left, step left to left side, step right to right side
- 7&8 Step left crossed behind right, step right to right side, step left to left side

HIP BUMPS, ROCK RECOVER, ¼ TURN RIGHT SIDE SUFFLE

- 1&2 Step forward on right bumping hips right left right.
- 3&4 Step forward on left bumping hips left right left.
- 5,6 Rock forward on right, recover on left
- 7&8 1/4 turn shuffle to the right, right left right

TOE TOUCHES, WITH MODIFIELD JAZZ BOX SWEEP TURN TURN

- 1,2 Step left forward, Touch right toe to side
- 3,4 Step right foot forward, Scuff Left foot in sweep motion crossing in front of right foot.
- 5,6 Step on left foot over right foot, step back on right
- 7,8 Step left ¼ turn stepping forward on left foot, pivot ½ to the left stepping to side on right

COASTER STEP, HEAL JACK, SAILOR SHUFFLE TURN, FORWARD LEFT MAMBO

- 1&2 Quick coaster step with left heal jack slightly to the left
- &3,4 Bring left foot back and move right root forward, step left foot left
- 5&6 Sweep right foot behind left to right turning 1/4 the right, stepping right, left, right
- 7&8 Step left forward, step right beside left, step left back

SMILE AND START AGAIN

Restart:

Wall 4 & 7 leave off last 4 counts of dance. Counts 5&6 (Sweep right foot behind left) would actually be the restart of Wide Sweeping Sailors Shuffles, but you would still need to turn ¼ to the right. Beginning of 4th wall, counts 1-8 done with right hand on left shoulder and left hand on right shoulder in hugging position.

Special thanks to Joe Steele for modifications and technical support.

