

Ain't Gonna Stop

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Dominic Femino - March 2008
音樂: Just Got Started Lovin' You - James Otto



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 ¼ turn shuffle to the right, right left right

TOE TOUCHES, WITH MODIFIED 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 foot forward, step left foot left
5&6 Sweep right foot behind left to right turning ¼ 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.