# Don't Stop



Compte: 0 Mur: 4 Niveau: Intermediate

Chorégraphe: Matt Barrett (UK)

Musique: Don't Stop Movin' - S Club 7



Sequence: (Start the dance 16 counts into track) A, A (1-32), B, A (1-48), B, A (1-40), B (1-32), B, A (1-8)

#### **SECTION A**

1-2	Step right forward, hold
3-4	Turn head left, turn body left
5-6	Step right forward, hold
7-8	Turn head left, turn body left

## These steps are done robotically

&9&10	Side left, right across left, side left, right behind left
&11&12	Side left, right together, heels and arm go up and down
&13&16	Same as above but leading with the right
17-20	Right ½ Monterey turn, tap left next to right
21-22-23&24	
21-22-23024	Left lock step with a left shuffle forward
25-26	Right rock forward and back
27&28	½ Turn with right shuffle forward
29-30	Full turn to the right in two half turns starting on the left for ½ then on the right for ½
31-32	Skate left and right forward
33-34	Left rock out and in
35&36	Left sailor step
37-38	Right rock out and in
39&40	Right sailor step
41-44	Left rolling grapevine
45-48	Right rolling grapevine
&49-52	Hitch left knee, step left to side, slide right to meet left
&53-55	Hitch right knee, step right to side, slide left to meet right

## **SECTION B**

&56-57

58-59

60-63

#### STREET WISE RUNNING MAN STEPS

Turn head left, hold

Then slowly unwind 3/4 to left

Step onto left, right cross over left, hold

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1&2&	Jump feet apart at diagonals (right forward, left back), jump feet together hitching left knee, jump feet apart at diagonals (left forward, right back), jump feet together hitching right knee
3&4&	Jump feet apart, jump feet together (both feet on floor) jump feet apart, jump feet together hitching left knee
5&6&	Jump feet apart at diagonals (left forward, right back), jump feet together hitching right knee, jump feet apart at diagonals (right forward left back), jump feet together hitching left knee
7&8&	Jump feet apart, jump feet together. Jump feet apart, jump feet together(weight on left)
9&10	Kick right forward, step onto right, tap left to left

11-12 13-16	Bump hips left roll hips to right while turning a ¼ right Strut right strut left	
17&18 &19&20 21&22	Kick right, kick left Right shuffle forward Kick left, kick right	
&23&24	Left shuffle forward	
25-28 29-32	Cross right over left, step left back, step right to side, cross left over right Step right back, left to side, step right forward pivot ¼ turn left	
33-36	Scuff right to side, scuff left to side	
37-38	Look down to the floor look forward	
39-40	Arms to the left as if holding a rope (head also faces left). As you pull arms to chest right slides next to left	
These steps are done robotically		
41&42&	Right tap right, together, left tap left, together	
43-44	Right tap right, ¼ turn left (weight back on right)	
45-46	Rock body forward onto left bending right knee, rock back onto right bending left knee	
47-48	Repeat steps 45-46	
47-48 49&50	Repeat steps 45-46  Left side shuffle left	
49&50	Left side shuffle left	
49&50 51-52	Left side shuffle left Rock back onto right rock forward onto left	
49&50 51-52 53&54	Left side shuffle left Rock back onto right rock forward onto left Right side shuffle right	
49&50 51-52 53&54 55-56	Left side shuffle left Rock back onto right rock forward onto left Right side shuffle right Rock back onto left rock forward onto right	