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 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

&56-57 Step onto left, right cross over left, hold

58-59 Turn head left, hold

60-63 Then slowly unwind 3/4 to left

SECTION B

STREET WISE RUNNING MAN STEPS

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 a	re 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