Don't Stop (Doin' It)

级数: Intermediate

编舞者: Jo Thompson Szymanski (USA)

音乐: Don't Stop (Doin' It) - Anastacia

STEP, KNEE/PUSH, COASTER STEP, HIP WALK FORWARD RIGHT AND LEFT 1-2 Step forward with right foot, lift left knee forward so that left foot is at the inside of right knee, push both hands forward 3&4 Step back with left, step together with right, step forward with left 5&6 Place right foot forward bump hips right, hips return to center, bump hips right shifting weight to right foot 7&8 Place left foot forward bump hips left, hips return to center, bump hips left shifting weight to left foot 1/4 TURN LEFT, SCISSORS, 1/2 TURN RIGHT & CROSS, SIDE, DRAG, BALL CROSS TWICE Turn ¼ left and step right foot to right side, step left foot together, step right foot across front 1&2 of left 3&4 Turn ¼ right and step back with left foot, turn ¼ right and step right foot to right side, step left foot across front of right 5-6 Large step with right foot to right side, hold as left foot drags in toward right &7&8 Step back with ball of left foot, step right foot across front of left, step left foot to left side, step right foot across front of left TURN ¼ LEFT, CROSS, PUSH/POINT SIDE RIGHT, CROSS, ¼ TURN RIGHT, 2 SAILORS 1-2 Turn ¼ left and step left foot across front of right, point right toe to right side, push right hand to right side 3-4 Step right foot across front of left, turn 1/4 right and step back with left foot 5&6 Step right foot crossed behind left, step left foot to left side, step right foot in place 7&8 Step left foot crossed behind right, step right foot to right side, step left foot in place 2 KICK BALL CHANGES MOVING FORWARD, ¼ TURN LEFT, WEAVE ACROSS, ¼ TURN LEFT

- 1&2 Kick right foot forward, step together with right, step forward with left
- 3&4 Kick right foot forward, step together with right, step forward with left
- 5-6 Step forward with right, turn ¼ left shifting weight to left foot
- 7&8& Step right foot across front of left, step left foot to left side, step right foot crossed behind left, turn ¼ left, step forward with left foot

REPEAT

RESTART

After the 10th repetition, you will do the first 8 counts of the dance and then restart from the beginning. You will be facing the back when this happens





拍数: 32

墙数:4