Don't Stop Moving



拍数: 64 墙数: 4 级数: Improver

编舞者: Lisa Martin (UK)

音乐: Don't Stop Movin' - S Club 7



TRIPLE STEP(RIGHT) TRIPLE STEP(LEFT), FLICK BALL CHANGE, LEFT PIVOT TURN

Triple step, right left right
Triple step, left right left
Flick ball change right

7 Small step forward on the right foot

8 Pivot ½ turn to the left, (on the balls of the both feet) recovering weight onto the left foot

9-16 Repeat steps 1-8 (you are now facing the back wall)

SIDE, CLOSE, SIDE, OUT, HIP ROCKS

17 Step right foot to right side 18 Step left foot to join right foot 19 Step right foot to right side 20 Step left foot to the left

21-24 Four hip rocks, left, right, left, right

25-32 Repeat to the left

HIP ROCKS AND CLAPS

Rock hip to the left

34 Clap high

35 Rock hip to the right

36 Clap high 37-40 Repeat 33-36

OUT, IN, ROLL, ROLL REPEAT

41 Tap right foot to right side

42 Step right foot next to left (in place)

43-44 Roll arms twice

45 Tap left foot to left side

46 Tap left foot next to the right foot

47-48 Roll arms twice

CROSSING WEAVE RIGHT, ROCK, RECOVER, CHA-CHA-CHA

49 Step left foot across in front of right foot

50 Step side on right foot

51 Step left foot across behind right foot

52 Step side on right foot

53 Step left foot across right foot and rock diagonally forward

54 Recover weight onto right foot 55&56 Cha-cha-cha left, right, left

SHUFFLE (RIGHT), SHUFFLE (LEFT), GRAPEVINE (RIGHT) WITH 1/4 TURN

Step right foot forward, close left foot beside right, step right foot forward Step left foot forward, close right foot beside left, step left foot forward

Step right foot to right

62 Step left foot across behind right

Step right foot to right making a ¼ turn to the right

REPEAT