

Don't Stop Now!

拍数: 0 墙数: 4 级数: Phrased Easy Intermediate
编舞者: Meiske Pamaputera (INA) - July 2009
音乐: Don't Stop 'Til You Get Enough - Michael Jackson



Sequence : AAA- B , AAA- B , C , A (16 counts- Restart) , A , BBB

Intro ; 16 counts

Note ; Don't let the phrase let you down, it's simple step with funky hand movement.

PART A

Hip up & down , 2 walk with hip

- 1-4 Weight on right toe , heel down , repeat . For styling move hands palm down up & down
5-6 Weight on right toe, hold. For styling both fists facing front push forward 2x
7-8 Weight on left toe , hold. For styling both fists facing front push forward 2x

Step to left, 4 paddle turn.

- 1- 4 Step left to left , right next to left, step left to left, right touch next to left.
&5&6 Step right forward , ¼ turn left (09:00) Step right forward , ¼ turn left (06:00)
&7&8 Step right forward, ¼ turn left (03:00) , Step right forward, ¼ turn left (12:00)

Restart once start here.

Toe heel R & L, step back diagonal, slide

- 1-4 Press right toe forward , right heel down, press left toe forward, left heel down
5-6 Step right back diagonal right, step left back diagonal left
7-8 Slide right back diagonal right, hold (12:00)

¼ Turn left toe heel R & L, step back diagonal, slide

- 1-4 Make a ¼ turn left press right toe forward, right heel down, press left toe forward, left heel down (09:00)
5-6 Step left back diagonal left, step right back diagonal right
7-8 Slide left back diagonal left, hold (09:00)

PART B

Side rock, turn side rock-kick ball change

- 1-2 Rock right to right (style L hand down) , rock left to left (R hand down)(03:00)
3-4 ½ turn left rock right to right (L hand down) , rock left to left (R hand down)
5-6 ½ turn left rock right to right (L hand down) , step rock to left (R hand down)
7&8 Right kick ball change (03:00)

Double side rock, turn & double side rock

- 1-4 Rock right to right, rock left to left , repeat (use hand style)
5-7 ½ turn left rock right to right, rock left to left, repeat (use hand style)(09:00)

Right diagonal back step, step L & R, coaster step 1/8 turn right

- 1-4 Step right back diagonal right, left step back next to right, step right back, left touch next to right (07:30)
5-6 Rock left to left side, right to right side (09:00)
7&8 Left step back, Right step back, 1/8 turn right step left forward (10:30)

Charleston, step , turn . close.

- 1-4 Right touch forward, right step back, left touch back, left step forward (10:30)
5-8 Right step forward, 3/8 turn left (06:00), 1/2 turn left , right touch hip up(12:00)

PART C

Rock in place

- 1-4 Rock right diagonal , recover on left, rock right (10;30) , ¼ turn right (01;30)
5-8 Rock left diagonal, recover on right, rock left (01:30), 1/8 turn right (12;00)

Step, coaster step, step pivot (start with right)

- 1-2 Right forward, left forward
3&4 Right step back, left next to right, right step forward
5-6 L step forward, ½ turn right (06:00)
7-8 L step forward, ½ turn right

Step , coaster step, step pivot (start with left)

- 1-2 Left forward, right forward
3&4 Left step back, right next to left, left step forward
5-6 R step forward, ½ turn left.
7-8 R step forward, ½ turn left

Cross, step pivot, step forward

- 1-2 Cross forward on right, cross forward on right
3-4 Right step forward, ½ turn left (06;00)
5-6 Right step forward, ½ turn left (12 :00)
7-8 Right step forward slightly diagonal (01:30), left next to right (weight on left)
-