

Don't Stop Movin'

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate/Advanced
編舞者: Johnny S. (UK)
音樂: Don't Stop Movin' - S Club 7



ROCK & CROSS, HEEL BOUNCES WITH $\frac{1}{4}$ LEFT, PIVOT $\frac{1}{2}$ TURN RIGHT, SHUFFLE $\frac{3}{4}$ TURN RIGHT

- 1&2 Step right foot to right side, recover weight onto left foot, cross right foot over left foot
- 3&4 Bounce both heels three times while making $\frac{1}{4}$ turn left (weight ends on right foot)
- 5-6 Step left foot forward, pivot $\frac{1}{2}$ turn right
- 7&8 Shuffle $\frac{3}{4}$ turn right on left, right, left

RIGHT SAILOR, STOMP TWICE, LEFT & RIGHT HEEL JACKS

- 1&2 Step right foot behind left foot, step left foot to left, step right foot beside left foot
- 3-4 Stomp left foot twice (no weight)
- 5&6& Step left foot back, touch right heel forward, step right foot in place, step left foot beside right foot
- 7&8& Step right foot back, touch left heel forward, step left foot in place, touch right foot beside left foot

$\frac{1}{4}$ TURN RIGHT, CROSS SHUFFLE, RIGHT HEEL SWIVELS, $\frac{1}{4}$ TURN RIGHT TWICE

- 1-2 Rock-step right foot to right (with weight), recover weight onto left foot
- 3&4 Cross right foot over left foot and shuffle to left on right, left, right (keep weight on right foot)
- 5&6 On ball of right foot swivel right heel to left, center, left (left foot remains off ground until last swivel) - step left foot to left
- 7-8 Step right foot $\frac{1}{4}$ turn to right, on ball of right foot pivot another $\frac{1}{4}$ turn right - stepping left foot to left

STEP, ROCK-RECOVER, TRIPLE STEP $\frac{3}{4}$ TURN LEFT, FUNKY WALKS FORWARD

- &1-2 Step right foot beside left foot, cross-rock left foot over right foot, recover weight onto right foot
- 3&4 Triple-step $\frac{3}{4}$ turn left on left, right, left
- 5-8 Walk forward on right, left, right, left - swiveling heels in and out when walking (or rolling 'vine stepping right-left on 5-6)

REPEAT

Counts 29-32

ALTERNATIVE "RUNNING MAN" STEPS FOR THE MORE ATHLETIC DANCERS - MOVING FORWARD

- 5& Step right foot forward, scoot back on right foot while hitching left knee
- 6& Step left foot forward, scoot back on left foot while hitching right knee
- 7& Step right foot forward, scoot back on right foot while hitching left knee
- 8 Step left foot forward

TAG

After the words "...taking you to the places...", dance the first 4 sequences straight through (32 counts each), then add a 20 count tag (once only). To do this just repeat the first 16 counts as above, and add the following 4 counts on to the end

- 1&2&3&4 With right foot beside left foot sway hips left, right, left, right, left, right, left (weight ends on left foot) - then restart at the beginning

You will dance a further 4 sequences (32 counts each), then there is another 4 count tag after you step the left foot forward on count 32. For this just add the 4 count hip sway tag as above. Then restart again from the beginning and dance till the end of the music

When dancing to the "Jewels & Stone Mix" (track 2) on the single, dance 2 more sequences after the second tag then add the 4 count tag with hip sways again; then restart from the beginning and dance to end of music

