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Don't Stop

48 count (Phrased), 4 wall, Intermediate level Choreographer: Vikki Morris (England) May 2001 Choreographed to: Don't Stop Movin' - S Club 7

VFRSF

RIGHT VINE, LEFT ROLLING TURN

1-4 Step right to right side, step left behind right, step right to right side and touch left next to right (clicking fingers)

5-8 Step left to left side ¼ turn, step right ½ turn step left ¼ turn and touch right next to left.

SWIVEL HEELS, WALK BACK, TOUCH AND CLICK FINGERS

9-12 on balls of both feet swivel heels right, left, right, left (weight ends up on left) (Advanced option: Applejacks)

13-16 Walk back on right, left, right, touch left across and in front of right foot

LEFT LOCK STEP, RIGHT LOCK STEP, ROCK STEP TRIPLE 1/2 TURN.

Step left diagonally forward left, lock right behind left and step left diagonally forward left.
Step right diagonally forward right, lock left behind right and step right diagonally forward right.

21-22 Rock forward on left, recover weight onto right foot 23&24 Turn ½ turn over left shoulder on left, right left.

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SIDE ROCK, SAILOR STEP, SIDE ROCK, FULL TURN 25-26 Rock to right side on right, recover on left

27&28 Step right behind left, rock left to left side, recover weight on right.

29-30 Rock to left side on left, recover on right

31&32 Turn full turn over left shoulder on left, right, left.

CHORUS

HEEL DIG 1/4 TURN RIGHT, COASTER STEP, ROCK STEP, COASTER STEP

1-2 Grind heel of right ¼ turn to right (as you start to do this take your right arm and turn counter clockwise in front of your body, taking arm out to right and hold hand flat out in stop position)

3&4 Step right back, step left to it , step right slightly forward

5-6 Rock left forward, recover weight on right

7&8 Step right back, step left to it, step right slightly forward

STEP RIGHT, HIP BUMPS, TOUCH TURN

9-12 Step right turning body slightly left bumping hips right, left, right, left, (Swing arms right left right left)

&13&14 Hitch right, turn $\frac{1}{4}$ turn touch right out to right side, hitch right turn $\frac{1}{4}$ turn touch right out to right side.

&15&16 Hitch right, turn ¼ turn touch right out to right side, hitch right turn ¼ turn touch right out to right side.

TAG

ROCK FORWARD, ROCK BACK

1-4 Rock right foot forward, recover weight onto left, rock right foot back, recover weight onto left

(This tag is done at the end of a chorus, the music will say "S CLUB BEAT")

At the end of the dance you will have done the touch turns you will then have four beats to finish to dance, take your arms, bent at elbows in front your body and do an "S" shape ending with hands together infront of body (as if praying).

This is a phrased dance, It is not as difficult as you think, Have fun!

Sequence verse, verse, verse, chorus, chorus, chorus, tag verse, verse, chorus, chorus, chorus, chorus, tag

verse, chorus to end