

Don't Stop Moving



music: Don't Stop Moving internet download
artist: S Club 7
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sequence: **A B A*B C B***
intro: Wait **32** beats

level: EZ Int
time: 3.58
beats /min. (slow/fast)
date:
event:

Part A:

2 Basic DS RS DS RS
L RL R LR
&1 &2 &3 &4

Triple DS DS DS RS travel to left
L R L RL
R L R LR
&1 &2 &3 &4

REPEAT with alternate feet and travelling to right

2 Rocking Chair DS BR UP/H DS RS turning each ¼ L
L R R L R LR
&1 & 2 &3 &4

2 Push Off DS RS RS RS **move L**
L RL RL RL
R LR LR LR **move R**
&1 &2 &3 &4

REPEAT all above to face front.

2 Vine Eight DS DS(xif) DS DS(xib) DS DS(xif) DS RS
L R L R L R L RL
R L R L R L R LR
&1 &2 &3 &4 &5 &6 &7 &8

2 Stomp Double STO DS DS RS
L R L RL
R L R LR
1 &2 &3 &4

2 Jazz Box S S(xif) S(ib) S(ots)
L R L R
1 2 3 4

Part B:

Cowboy DS DS DS BR UP/H DS(xif) RS RS RS
L R L R R L R LR LR LR
&1 &2 &3 & 4 &5 &6 &7 &8

Karate Turn DS KK (turn ½) HL DS KK UP /HL
LR L R L L R
&1 & 2 &3 & 4

2 Basic Kick DS KK UP/H
L R R L
R L L R
&1 & 2

REPEAT to face front

4 Double DS **travel backwards**

Toe Steps L
R
&1

4 Stomp Double STO DS DS RS **turn each one ¼ L**
L R L RL
R L R LR
1 &2 &3 &4

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A B A*B C B*

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A B A*B C B*

Part A*

2 Basic, Triple to Left, 2 Basic, Triple to Right, 2 Rocking Chair
turn each $\frac{1}{4}$ L, Push Off, Push turn to front.
2 Vine Eight, 2 Stomp double, 2 Jazz Box.

Part C:

Rocking Chair DS BR UP/H DS RS RS DS DS ST ST **turn each $\frac{1}{4}$ L**
and Rocker L R R R LR LR L R L R
&1 & 2 &3 &4 &5 &6 &7 & 8

REPEAT three more times to form a box

Triple Kick DS DS DS KK UP/H move forwards
L R L R R L
&1 &2 &3 & 4

Triple DS DS DS RS move backwards
R L R LR
&1 &2 &3 &4

2 Jazz Box S S(xif) S(ib) S(ots)
L R L R
1 2 3 4

Part B*:

As **Part B** but **turn the Cowboy $\frac{1}{4}$ L**, then Karate and 2 KK,
REPEAT three more times.

4 Double Toe Steps travelling backwards
4 Stomp double turning each $\frac{1}{4}$ L
4 Jazz Box, turning each $\frac{1}{4}$ L and clicking fingers