



Script approved by Alan G. Birchall

Don't Stop Movin'

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 2 - 4 5 & 6 7 & 8 Note:-	Part A - Verse Lunge Right, Slide, Right Sailor Step, Left Sailor Step. Lunge right to right. Slide right to left over 3 counts. (Weight ends on left). Cross right behind left. Step left to left. Step right beside left. Cross left behind right. Step right to right. Step left beside right. Optional arms for lunge – link hands by interlocking fingers at shoulder height close to chest. On every second verse there is a short sharp chord struck. Do a quick lunge looking to right, both arms pointing to right.	Lunge 2 3 4 Right Sailor Left Sailor	Right On the spot
Section 2 & 9 & 10 & 11 & 12 13 - 14 15 & 16	Syncopated Vine Right, Rock Recover, Behind & Cross. Step right to right. Cross left behind right. Step right to right. Cross left over right. Step right to right. Cross left behind right. Step right to right. Cross left over right. Rock right to right. Rock left in place. Cross right behind left. Step left to left. Cross right over left.	& Behind & Cross & Behind & Cross Rock Recover Behind & Cross	Right On the spot
Section 3 17 - 18 19 - 20 21 - 22 23 & 24	Weave Left, Rock Recover, 1/4 Sailor Turn Right. Step left to left. Cross right behind left. Step left to left. Cross right over left. Rock left to left. Rock right in place. Cross left behind right. Step right 1/4 turn right. Step forward left.	Step Behind. Step Cross. Rock Recover. Sailor Turn.	Left Turning Right
Section 4 25 - 26 27 & 28 29 - 30 31 & 32	Step 1/2 Pivot Left, Right Shuffle, Rock Recover, Coaster Step. Step forward right. Pivot 1/2 turn left. Step forward right. Step left beside right. Step forward right. Rock forward on left. Rock right in place. Step back on left. Step right beside left. Step forward on left.	Step Pivot. Right Shuffle. Rock Recover. Coaster Step.	Turning Left Forward On the spot
Section 1 1 - 2 3 - 4 5 6 7 8	PART B - Chorus Stomp, Scoot, Step Hold, Moon Walks Back. Stomp forward on right. Scoot back on right whilst hitching left. Step back on left. Hold. Slide right back popping left knee out. Slide left back popping right knee out. Slide right back popping left knee out. Slide left back popping right knee out.	Stomp Scoot Back Hold. Back 2 3 4	Back
Section 2 9 - 10 11 - 12 13 - 14 15 - 16	Skates Forward, 1/4 Hinge Turn Left, Hold, 1/2 Hinge Turn Left, Hold. Skate forward right. Skate forward left. Skate forward right. Skate forward left. On ball of left make 1/4 turn left stepping right to right side. Hold On ball of right make 1/2 turn left. Hold.	Skate 2 3 4 Turn Hold Turn Hold.	Forward Turning Left. Left
Section 3 17 - 18 19 - 20 21 - 24	Stomp, Scoot, Step Hold, Moon Walks Back. Stomp forward right. Scoot back on right whilst hitching left. Step back on left. Hold. Repeat step 5 - 8 of Section 1 Part B.	Stomp Scoot Back Hold	Back
Section 4 25 - 26 27 - 28 29 - 30 31 - 32	Skates Forward 1/4 Hinge Turn Left, Hold, 1/2 Hinge Turn Left, Hold. Skate forward right. Skate forward left. Skate forward right. Skate forward left. On ball of left make 1/4 turn left stepping right to right side. Hold On ball of right make 1/2 turn left. Hold.	Skate 2 3 4 Turn Hold Turn Hold	Forward Turning Left Left

Continued.

Don't Stop Movin' ...continued



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STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 5 33 & 34 & 35 & 36 37 - 40	Syncopated Toe & Heel Touches, Heel Bounce 1/2 Turn Left. Touch right to right. Step right beside left. Touch left to left. Step left beside right. Touch right heel forward. Step right beside left. Step back on ball of left. Make 1/2 turn left bouncing heels 4 times during turn.	Right & Left & Heel & Back Turn 2 3 4	On the spot Turning Left
Section 6 41 & 42 & 43 & 44 45 - 48	Syncopated Toe & Heel Touches, Heel Bounce 1/2 Turn Left. Touch right to right. Step right beside left. Touch left to left. Step left beside right. Touch right heel forward. Step right beside left. Step back on ball of left. Make 1/2 turn left bouncing heels 4 times during turn.	Right & Left & Heel & Back Turn 2 3 4	On the spot Turning Left
Section 7 49 & 50 & 51 & 52 &	Syncopated Toe Touches Right, Left, Right, Left. Touch right toe to right side. Step right beside left. Touch left toe to left side. Step left beside right. Touch right toe to right side. Step right beside left. Touch left toe to left side. Step left beside right.	Right & Left & Right & Left &	On the spot
'Don't' 'Stop' 'Movin'	Optional Hands For Part B (Chorus) Both arms outstretched down at 45% to floor, palms parallel with floor & fingers outstretched. Arms at shoulder level, elbows bent at 1/4 turn, forearms and palms parallel with body, fingers outstretched. Arms outstretched in front parallel with floor, palms at 1/4 turn parallel with body fingers outstretched.		
Section 1 1 2 Note: & 3 & 4 5 & 6 7 - 8	PART C - Performed following 2nd and 4th repeats of Part B. Left is pointed to left side weight is on right. 1/4 Ball Swivels, Hip Thrusts, Right Shuffle, Step 1/4 Turn Right. On ball of left foot (weight on right) swivel left heel out 1/4 turn left. On ball of right foot swivel right heel 1/4 turn left. You have just made a 1/4 turn RIGHT. Thrust hips forward, back, forward, back. (Weight stays on left). Step forward on right. Step left beside right. Step forward right. Step forward left. Pivot 1/4 turn right. (Weight ends on left)	Swivel Turn & Thrust & Thrust Right Shuffle Step Turn	Turning Right Forward Turning Right
Section 2 9 10 Note: & 11 & 12 13 & 14 15 & 16	1/4 Ball Swivels, Hip Thrusts, Right Shuffle, Forward Mambo Step On ball of right foot (weight on left) swivel right heel 1/4 turn left. On ball of left foot swivel left heel out 1/4 turn left. You have just made a 1/4 turn RIGHT. Thrust hips forward, back, forward, back. (Weight stays on left). Step forward on right. Step left beside right. Step forward right. Rock forward on left. Rock back on right. Step left beside right.	Swivel Turn & Thrust & Thrust Right Shuffle Right Mambo	Turning Right Forward On the spot

INTERMEDIATE/ADVANCED

Choreographers Note:- Section B is always danced during the chorus, to fit with the words 'don't stop moving ...' Towards the end of the track this part of the chorus is repeated. To fit with the music dance up to step 32 of Part B, then start Part B again and dance through to the end followed by Part C. Listen to the music you can't go wrong.

End:- You will end the dance on the shuffle forward, steps 13 & 14 of Part C. To finish tap left toe across right clicking fingers at shoulder height. You will be facing your home wall.

Phrased Line Dance:- Intermediate/Advanced Level.

Choreographed by:- Alan G Birchall (UK)

Choreographed to:- 'Don't Stop Movin' by S Club 7 (120 bpm)

Dance Sequence:- AAAB, AABC, AB (to 32), BC.