DON’T STOP

Choreo: Carolyn & Tony Ahart, 3893 E. Linwood Terrace, MO 65809
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Music: “Don’t Stop,” by Patrick & Eugene, Album: Don’t Stop. Available at Amazon.com

Footwork: Opposite except where noted (W’s footwork in parentheses)

Rhythm: Jive  RAL Phase: III + 2 (Side Breaks & Windmill)

Speed: 95% (about 43 RPM)  Degree of Difficulty: Average

Sequence: Intro, A, B, C, D, D (Mod), E, B, C (Mod)

INTRO

1-8  SCP LOD WAIT 2 MEAS; ; 4 PT STPS; ; 2 FWD TRPLS;
SWVL WLK 4; 2 FWD TRPLS TO CP WALL; CHASSE L & R;
1-4  Wait 2 meas in SCP LOD; ; {Point Steps} Pt L fwd w/outsd edge of ft in contact w/floor, fwd L, pt R thru w/outsd edge of ft in contact w/floor in line w/weighted ft, fwd R; Pt L fwd w/outsd edge of ft in contact w/floor, fwd L, pt R thru w/outsd edge of ft in contact w/floor in line w/weighted ft, fwd R;
5-6  {Fwd Triples} Fwd L/Cls R, Fwd L, Fwd R/Cls L, Fwd R;
{Swvl Wlk 4} Fwd L, Fwd R, Fwd L, Fwd R;
7-8  {Fwd Triples} Repeat meas 5 of Intro to CP WALL;
{Chasse L & R} Sd L/cl R, sd L, sd R/cl L, sd R;

PART A

1-8  FALWY RK ~ CHG R TO L; ;
ROCK, REC, KICK BALL CHG; SLO SD BRKS;
CHG L TO R ~ LINK RK TO CP WALL; ;
1-4  {Falwy Rk} Rk bk L to SCP, rec on R to fc ptr, sd L/cl R, sd L; Sd R/cl L, sd R, {Chg R to L} Rk bk L to SCP LOD, rec R; Sd L/cl L, sd L comm ¼ LF trn leading W to trn RF und jnd lead hnds, sd & fwd R/cl L, sd R (Sd R/cl L, sd & fwd R comm 3/4 RF trn under jnd lead hnds, sd & bk L/cl R, sd & bk L) LOP-FCG LOD; {Rock, rec, kick ball chg} Rk apt L, rec R, kck L fwd/stp on ball of L, cl R;
5-8 (1-3)  {Slo Sd Brks} Push step left/push step R,-cl L/cl R, -;
{Chg L to R} Rk apt L, rec R, sd L/cl R, sd L comm ¼ RF trn ldg W to trn LF undr jnd ld hnds (W Rk apt R, rec L, fwd R/cl L, fwd R comm ¾ LF trn undr jnd ld hnds); Sd R/cl L, sd R (W Sd L/cl R, sd L comp LF trn) LOP-FCG WALL, {Link Rk} Rk apt L, rec R; Small triple fwd L/cl L, L, sd R/L, R to CP WALL;
9-16  R TRNG FALWY TO COH ~ CHG R TO L TO RLOD; ;
RK, REC, KICK BALL CHG; SLO SD BRKS;
CHG R TO L TO WALL~ BASIC RK TO BFLY; ;
9-12  {R Trng Falwy} Rk Bk L to SCP LOD, rec R to fc, comm ½ RF trn sd L/cl R, sd L; Sd R/cl L, comp trn sd R to CP COH, {Chg R to L} Rk bk L
to SCP RLOD, rec R to fc; Sd L/cl R, sd L comm ¼ LF trn leading W to trn RF und joind lead hnds, sd & fwd R/cl L, sd R (W Sd R/cl L, sd & fwd R comm 3/4 RF trn under jnd lead hnds, sd & bk L/cl R, sd & bk L) LOP-FCG RLOD; {Rock, rec, kick ball chg} Rk apt L, rec R, kck L fwd/stp on ball of L, cl R;

13-16 {Slo Sd Brks} Repeat Part A meas.5; {Chg R to L} Rk bk L to SCP WALL, rec R to fc, sd L/cl R, sd L comm ¼ LF trn leading W to trn RF und joind lead hnds (W Rk bk R, rec L, sd R/cl L, sd & fwd R comm 3/4 RF trn under jnd lead hnds); Sd & fwd R/cl L, sd R (W sd & bk L/cl R, sd & bk L) to WALL, {Basic Rk} Rk apt L, rec R; Sd L/cl R, sd L, sd R/cl L, sd R to BFLY;

PART B

1-8 WINDMILL 2X TO BFLY WALL; ; ; STEP KICKS; SLO SD BRKS; CHG HNDS BHD BK TWICE; ; ;

1-3 {Windmill 2X} Rk apt L, rec R, lowering lead arms and raising trail arms by stretching M’s rt and W’s lt sd fwd Lf/cl R, fwd L trng 1/4 LF (W sd R/cl L, sd R trng 1/4 LF) ; Returning arms to shoulder level sd R/cl L, sd R trng 1/4 LF (W sd L/cl R, sd L trng 1/4 LF) BFLY COH , Rk apt L, rec R; Lowering lead arms and raising trail arms by stretching M’s rt & W’s lt sd fwd Lf/cl R, fwd L trng 1/4 LF (W sd R/cl L, sd R trng 1/4 LF), keeping arms level at shoulders sd R/cl L, sd R trng 1/4 LF (W sd L/cl R, sd L trng 1/4 LF) BFLY WALL;

4-5 {Step Kicks} Stp in place L, kick R fwd between W’s legs, stp R, kick L fwd (W kick R fwd bet M’s legs); {Slo Sd Brks} Repeat Part A meas.5;

6-8 {Chg Hnds Bhd Bk 2X} Rk apt L, rec R, fwd L/cl R, fwd L trng 1/4 LF chg W’s rt hnd to M’s rt hnd bhd M’s bk (fwd R/ cl L, fwd R trng 1/4 rt fc) ; Sd & bk R/cl L, sd R trng 1/4 LF to fc ptr chg W’s rt hnd to M’s lt hnd bhd M’s bk (sd L/cl R, sd R & bk L trng 1/4 RF) LOP/fcg COH, Rk apt L, rec R ; fwd L/cl R, fwd L trng 1/4 LF chg W’s rt hnd to M’s rt hnd bhd M’s bk (fwd R/cl L, fwd R trng 1/4 RF), sd L/cl R, sd R trng 1/4 LF to fc ptr chg W’s rt hnd to M’s lt hnd bhd M’s bk (sd L/cl L, sd & bk L trng 1/4 RF) BFLY WALL ;

PART C

1-10 PROG RK; VINE 8; ; CHASSE L & R; PROG RK; VINE 8; ; CHASSE L & R; STEP KICKS; AWY KCK FC TCH TO SCP;

1-4 {Prog Rk} Rk apt L, XRif, rk apt L, XRif;

{Vine 8} Sd L, XRib, sd L, XRif; Sd L, XRib, sd L, XRif;

{Chasse L & R} Sd L/cl R, sd L, sd R/cl L, sd R;

5-8 Repeat Part C meas 1-4; ; ; ;

9-10 {Step Kicks} Stp in place L, kick R fwd between W’s legs, stp R, kick L fwd (W kick R fwd bet M’s legs);

{Awy Kck Fc Tch} Sd L blending to OP, kick R fwd twd LOD, rec R to fc ptr, tch L to SCP LOD;
PART D

1-8
2 FWD TRPLS; SWVL WLK 4; 2 FWD TRPLS;
SWVL WLK 4; R TRNG TRPL FC COH;
R TRNG FALWY FC WALL~
RK, REC, KCK BALL CHG 2X to SCP LOD; ; ;
1-2
{Fwd Triples} Fwd L/Cls R, Fwd L, Fwd R/Cls L, Fwd R;
{Swvl Wlk 4} Fwd L, Fwd R, Fwd L, Fwd R;
3-4
REPEAT Part D meas 1-2; ;
5-8
{R trng trpl} Comm ¼ RF trn sd L/cl R, sd L, comm ¼ RF trn sd R/cl L, comp trn sd R to fc COH; {R Trng Falwy} Rk Bk L to SCP LOD, rec R to fc, comm ½ RF trn sd L/cl R, sd L; Sd R/cl L, comp trn sd R to CP WALL, {Rk, rec, kck ball chg 2x} Rk bk L, rec R to SCP LOD; Kck L fwd/stp on ball of L, cl R, kck L fwd/stp on ball of L, cl R;

PART D (MOD)

1-8
2 FWD TRPLS; SWVL WLK 4; 2 FWD TRPLS;
SWVL WLK 4; R TRNG TRPL FC COH;
R TRNG FALWY FC WALL ~FALWY RK; ; ;
1-4
Repeat Part D meas. 1-4; ; ; ;
5-8
{R trng trpl} Comm ¼ RF trn sd L/cl R, sd L, comm ¼ RF trn sd R/cl L, comp trn sd R to fc COH; {R Trng Falwy} Rk Bk L to SCP LOD, rec R to fc, comm ½ RF trn sd L/cl R, sd L; Sd R/cl L, comp trn sd R to CP WALL, {Falwy Rk} Rk bk L to SCP, rec on R to fc ptr; Sd L/cl R, sd L, sd R/cl L, sd R;

PART E

1-4
CHG R TO L~RK REC; ;
KCK BALL CHG~CHG L TO R TO BFLY WALL; ;
1-2
{Chg R to L} Rk bk L to SCP LOD, rec R, Sd L/cl R, sd L comm ¼ LF trn leading W to trn RF undr jnd ld hnds (Sd R/cl L, sd & fwd R comm 3/4 RF trn under jnd lead hnds); Sd & fwd R/cl L, sd R (Sd & bk L/cl R, sd & bk L) LOP-FCG LOD, {Rock, rec} Rk apt L, rec R;
3-4
{Kck Ball Chg} Kck L fwd/stp on ball of L, cl R,
{Chg L to R} Rk apt L, rec R; Sd L/cl R, sd L comm ¼ RF trn ldg W to trn LF undr jnd ld hnds (W Fwd R/cl L, fwd R comm ¾ LF trn undr jnd ld hnds), sd R/cl L, sd R (W Sd L/cl R, sd L comp LF trn) BFLY WALL;

PART C (MOD)

1-8.5
PROG RK; VINE 8; ; CHASSE L & R;
PROG RK; VINE 8; ; PROG RK; SD BRK, HOLD,
1-7
Repeat Part C meas 1-7; ; ; ; ;
{Prog Rk} Rk apt L, XRif, rk apt L, XRif;
8-8.5 (&1-)
{Sd Brk} Push step left/push step R,-,