

# Keep Moving On

Count: 32

Wand: 4

Ebene: High Beginner

Choreograf/in: Tracey Lynn Bell & Vanessa Johnston (CAN) - May 2017

Musik: Go Back - Leah Daniels



# 32 count intro (She sings a faint "whoooo...", then starts singing "I see you creeping round..." – the "I" is step 1 of the first wall.)

- 1 2 ; Rock Right, Recover in place (weight back onto Left),  
3&4 ; Behind-side-cross (R, L, R)  
5 6 ; Rock Left, Recover in place (weight back onto Right),  
7&8 ; Behind-side-cross (L, R, L)
- &1 ; Jump out (Right/left),  
2 ; Hold,  
&3 ; Jump in (Left/right),  
4 ; Hold  
5 6 7 8 ; Right out, Left out, Right in, Left in ('V' step)
- 1&2 ; Shuffle forward Right-Left-Right,  
3 4 ; Pivot ½ Turn (Step forward on Left for 3, Half turn over right shoulder, weight landing on Right for 4)  
5&6 ; Shuffle forward Left-Right-Left  
7&8 ; Kick Ball Change (Right foot kick, ball change right-left)
- 1 2 3 4 ; Jazz Box (Cross Right over Left, Step back on Left, Step beside on Right, Step Left foot together)  
5 6 ; Pivot ¼ Turn (Step Right foot forward for 5, Quarter turn over left shoulder, weight landing on Left for 6)  
7&8 ; Heel Swivel –  
Option 1: Hold for 7, put weight onto toes and swivel heels out-in quickly on 8 : Heel Swivel –  
Option 2: In an Up/Down motion - Put weight onto toes for 7 while turning heels outward slightly.  
Twist heels in for '&', Twist heels back out putting weight back down on heels for 8

**\*NOTE\*** The Heel Swivel is an opportunity to make it your own and add a variation – You can pause for 7, then swivel your heels on 8, you can twist heels out-in-out, or in-out-in for 7 & 8, or put your weight on one foot and swivel only one heel, or another heel swivel variation of your own.

Wall 4: (facing 9 o'clock): Restart; first 16 counts then Re-start

Wall 7 - (facing 6 o'clock): Tag-Restart; first 16 counts, Then....

- 1 2 3 4 ; Right out, Left out, Right in, Left in ('V' step),  
5 6 ; Right Foot Stomp, stomp, Restart

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