

Keep On Movin

Count: 72

Wand: 4

Ebene: Phrased Improver

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Musik: Keep On Movin' - Five



Sequence A,A,B,C, A,A,B,C, A,B,B,B, B

Part A, 32 counts

A1: V step, jazz box, ½ turn right

- 1 RF step diagonal right
- 2 lf step diagonal left
- 3 rf step back
- 4 lf close rf
- 5 rf cross over lf
- 6 lf step back
- 7 ¼ turn right, rf step right
- 8 lf step forward

A2: Step lock step right, step lock step left.

- 1 rf step diagonal right
- 2 lf lock behind rf
- 3 rf step diagonal forward
- 4 lf touch rf
- 5 lf step diagonal left
- 6 rf lock behind lf
- 7 lf step diagonal forward
- 8 rf brush

A3: Cross, back, tripple right, cross, back, tripple left

- 1 rf cross over lf
- 2 lf step back
- 3&4 triple right, rf,lf,rf
- 5 lf cross over rf
- 6 rf step back
- 7&8 triple left, lf,rf,lf

A4: Rock step forward, coaster step, rock step, coaster step

- 1 rf rock forward
- 2 recover lf
- 3 rf step back
- & lf close rf
- 4 rf step forward
- 5 lf rock forward
- 6 recover rf
- 7 lf step back
- & rf close lf
- 8 lf step forward

End part A

Part B, 32 counts

B1: whisk right, whisk left, vinger snaps 2 x

- 1 rf right

& lf close rf
2 rf on spot, while doing this make a circle with rh
3 lf left
& rf close lf
4 lf on spot
5 rf right, snap rh down
6 lf on spot
7 snap rh right down
8 split weighted

B2: Look right and point, look left and point

1 - 4 look right and point with rh
5 - 8 look left and point with lf

B3: Close legs, hold, arm movement, hip swing

1 rf close lf, put both arms up
2 hold
3 cross both arms up each other
4 hold
5 bith dumbs up, swing hip left
6 swing hips right
7 swing hips left
8 swing hips right
& swing hips left

B4: Rock forward, rock back, jazz box, ¼ turn right

1 rf forward
2 recover weight lf
3 rf back
4 recover weight lf
5 rf cross over lf
6 lf step back
7 ¼ turn right, rf right
8 lf forward

End part B

Part C,

C1: step, touch 4 x k step

1 rf step diagonal righ
2 lf touch rf
3 lf step diagonal forward
4 rf touch lf
5 rf step diagonal back
6 lf touch rf
7 lf step diagonal backwards
8 rf touch lf

End part c
