

Keep It Real

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Shelley Lindsay (UK)

Musik: Let Her Go - Blu Cantrell



WALK FORWARD LEFT, RIGHT, ½ TURNING HIP BUMPS RIGHT, STEP ½ PIVOT TURN

- 1-2 Step forward on left, step forward on right
3& Step forward on left as you bump hips forward, ¼ turn right bumping hips right
4& ¼ turn right bumping hips back, bump hips forward
5-6 Look over left shoulder as you bump hips back, step forward on right
7-8 Step forward on left, ½ turn pivot right

STEP PIVOT, STEP TURN SWIVEL, STEP TOUCH, STEP TOUCH

- 1-2 Step forward on left, pivot ½ turn right
3&4 Step forward on left, ¼ turn left stepping right to side, turn ¼ pivot left touching left across right foot
5-6 Step left to side, touch right behind
7-8 Step right to side, touch left behind

FULL UNWIND, SHOULDER ROLL, TOUCH HITCH SLIDE, KICK BALL CROSS, KNEES

- 1 Full unwind left taking weight onto left foot (option: transfer weight to left - no turn)
2 Roll left shoulder back as you click left fingers at waist height
3&4 Touch right to side, hitch right leg, step right to side
5&6& Kick left foot to side, step left in place, step right over left, step left to side
7&8& Feet apart and legs bent, turn both knees out (7), in (&), out (8), in (&)

¼ TURN PRESS, RECOVER, AND STEP PIVOT, ½ TURNING STEP TOUCH STEP TWICE

- 1-2 Turn ¼ to right pressing weight forward on right, recover weight back on left
&3-4 Step right next to left instep, step forward on left, pivot ½ turn right
5-6& Step forward on left, ¼ turn right touching right next to left, ¼ turn right stepping forward on right
7-8& Step forward on left, ¼ turn right touching right next to left, ¼ turn right stepping forward on right

REPEAT

TAG

Danced at the end of the 2nd and 4th walls

WALK LEFT, RIGHT, STEP PIVOT ¼ TURN TWICE, STEP ¼ TURN LEFT, TOUCH RIGHT TO SIDE

- 1-2 Step forward left, step forward right
3-4 Step forward left, pivot ¼ turn right transferring weight to right
5-6 Step forward left, pivot ¼ turn right transferring weight to right
7-8 Step forward left, ¼ turn left touching right to side

WALK RIGHT, LEFT, STEP PIVOT ¼ TURN TWICE, STEP ¼ TURN RIGHT, TOUCH LEFT TO SIDE

- 1-2 Step forward right, step forward left
3-4 Step forward right, pivot ¼ turn left transferring weight to left
5-6 Step forward right, pivot ¼ turn left transferring weight to left
7-8 Step forward right, ¼ turn right touching left to side