

Keep On Going

Count: 32

Wand: 2

Ebene: Improver polka

Choreograf/in: Barry Durand (USA)

Musik: If You're Going Through Hell (Before the Devil Even Knows) - Rodney Atkins



CROSS, ¼ TURN LEFT, COASTER, STEP-HITCH-STEP TWICE

- 1-2 Cross left over right, step right back making ¼ turn left (9:00)
3&4 Step left back, right together, left forward
5&6 Tap right heel forward, hitch right over left knee, step right forward
7&8 Tap left heel forward, hitch left over right knee, step left forward

PIVOT ½ TURN, SHUFFLE FORWARD, TOUCH FORWARD, BACK, PIVOT ¼, RECOVER

- 1-2 Step right forward, pivot ½ turn left weight to left (3:00)
3&4 Shuffle forward right, left, right
5-6 Touch left forward, touch left behind
7-8 Rock weight onto left foot behind turning upper body ¼ turn left (12:00), recover weight back onto right foot turning body back facing (3:00)

KICK STEP LOCK STEPS, STOMP ¼ TURN, KICK STEP LOCK STEP, 2 STOMPS

- 1&2& Kick left forward, step left down, lock right behind, step left forward
This step can be replaced with a left-right-left shuffle
3&4 Scuff right heel forward, hitch right up, stomp right down turning ¼ turn left (12:00)
5&6& Kick left forward, step left down, lock right behind, step left forward
This step can be replaced with a left-right-left shuffle
7&8 Scuff right heel forward, small hitch right up, stomp right down 2 times

SHUFFLE LEFT, ¼ TURN RIGHT, SHUFFLE RIGHT, ¼ TURN RIGHT KICK BALL CROSS, SWAY

- 1&2 Shuffle to the left side left, right, left
3&4 Making ¼ turn right shuffle right right, left, right (3:00)
5&6 Making ¼ turn right kick left forward, step left to left side, cross right over left (6:00)
7-8 Step left to left side swaying left, sway back to right taking weight on right

REPEAT
