

Keep On Running

Count: 40

Wand: 2

Ebene: Intermediate

Choreograf/in: Steve Mason (UK)

Musik: Keep On Running - Waylander



WALK FORWARD LEFT, RIGHT, LEFT, SCUFF, SCOOT BACK, RIGHT SHUFFLE BACK, ½ LEFT TURNING SHUFFLE

- 1-4 Walk forward on left foot, right, then left, scuff right foot forward
- &5&6 Hitching right knee, scoot back on left foot, step right foot back, hitch left knee scoot back on right foot, step left back
- 7&8 Shuffle backwards stepping right, left, right
- 9&10 Shuffle left, right, left while making ½ turn left

ROCK FORWARD, BACK, RIGHT COASTER, LEFT SHUFFLE, ROCK FORWARD, BACK

- 11-12 Rock step forward on right foot, rock back onto left foot
- 13&14 Step back on right foot, step left foot back next to right foot, step right foot forward
- 15&16 Shuffle forward stepping left, right, left
- 17-18 Rock step forward on right foot, rock back on to left foot

1 ¼ ROLLING TURN BACK, SCUFF, CROSS ½ UNWIND, LEFT SHUFFLE, ROCK FORWARD & BACK

- 19-22 Make 1 ¼ turn backwards (to the right) stepping right, left, right, scuff left foot forward
- 23-24 Cross left foot over right foot, unwind ½ turn to right
- 25&26 Shuffle forward left, right, left
- 27-28 Rock step forward on to right foot, rock back on to left foot

MASHED POTATOES STEPS BACK, RIGHT BACK TRIPLE, ¼ LEFT TRIPLE STEPS, ½ RIGHT TRIPLE STEPS, ROCK BACK & FORWARD

- 29-32 Traveling backwards mashed potato steps right, left, right, left, (or knee pop slides)
- 33&34 Triple steps back stepping right, left, right
- 35&36 Make ¼ turn left as you triple step left, right, left
- &37&38 Pivot ½ turn left on ball of left foot into a right side triple step right, left, right
- 39-40 Rock step back on left foot, rock forward on to right foot

REPEAT
