

# Keep On Moving

**COPPER** **KNOB**  
STEPSHEETS

**Count:** 32

**Wand:** 2

**Ebene:** Beginner / Improver

**Choreograf/in:** Jon Levant (USA) & Gail Levant (USA) - June 2013

**Musik:** Break My Stride - Matthew Wilder : (Album: VH1 100 Greatest One Hit Wonders of the Eighties)



**Start after 32 counts and before vocals.**

## Section 1: Walk, Walk, Shuffle FWD, Rock, Recover, Coaster Step

- 1-2 Walk FWD R foot, Walk FWD L foot
- 3&4 Shuffle FWD R-L-R
- 5-6 Rock FWD on L foot, Recover back onto R foot
- 7&8 Step L foot back-Step R foot next to L foot-Step FWD on L foot

## Section 2: Pivot $\frac{1}{2}$ , Pivot $\frac{1}{4}$ , Cross Rock, Shuffle Right

- 1-2 Step FWD on R foot, Pivot  $\frac{1}{2}$  turn left shifting weight to L foot (6:00)
- 3-4 Step FWD on R foot, Pivot  $\frac{1}{4}$  turn left shifting weight to L foot (3:00)
- 5-6 Cross-Rock R foot over L foot, Recover onto L foot
- 7&8 Shuffle to right side R-L-R (3:00)

## Section 3: Weave Right with Point, Weave Left with Point

- 1-4 Cross L foot over R foot, Step R foot to right side, Cross L foot behind L foot, Point R toes to right
- 5-8 Cross R foot over L foot, Step L foot to left side, Cross R foot behind L foot, Point L toes to left

## Section 4: Cross, Point, Back $\frac{1}{4}$ , Kick, Shuffle Back, Rock Back, Recover

- 1-2 Cross L foot over R foot, Point R toes to right
- 3-4 Step R foot back  $\frac{1}{4}$  turn right (6:00), Kick L foot FWD
- 5&6 Shuffle back L-R-L
- 7-8 Rock R foot back, Recover on L Foot (6:00)

**Start over and have fun**

**Optional ending to end facing 12:00:**

**Music will be ending as you are finishing counts 3-4 of Section 4 facing 6:00.**

**After the kick on count 4 don't do the shuffle back.**

**Instead step the L foot FWD and do a  $\frac{1}{2}$  turn pivot turn right onto the R foot now facing 12:00 while raising arms to the sides and smiling.**

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