

Keep On Movin' On

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Marja Urgert (NL) & Jan Van Tiggelen (NL) - April 2020

Music: Keep On Movin' On - Maddie Poppe



Intro: 58 Counts

Sec 1: Rock fwd, Recover, Shuffle Back, Back Rock, Recover, Shuffle fwd

1-2 RF. Rock fwd - LF. Recover
3&4 RF. Step back - LF. Close beside RF - RF. Step back
5-6 LF. Back rock - RF. Recover
7&8 LF. Step fwd - RF. Close beside LF - LF. Step fwd

Sec 2: Heel, Hold, & Heel & Together with 1/4 Turn R, Touch, Together & Heel, Hold, & Together with 1/4 Turn R, Touch, & Heel

1-2 RF. Dig heel fwd - Hold
&3&4 RF. Step together - LF. Dig heel fwd - LF. 1/4 Turn R step together - RF. Touch toe beside LF (3:00)
&5-6 RF. Step together - LF. Dig heel fwd - Hold
&7&8 LF. 1/4 Turn R step together - RF. Touch toe beside LF - RF. Step together - LF. Dig heel fwd (6:00) *R*

Sec 3: & Step Together, Step fwd, 1/4 Turn L, Cross Shuffle, 1/4 R, 1/4 R, Shuffle fwd

&1-2 LF. Step together - RF. step fwd - 1/4 Turn R (3:00)
3&4 RF. Cross over LF - LF. Step side - RF. Cross over LF
5-6 LF. 1/4 Turn R step back - RF. 1/4 Turn R step fwd (9:00)
7&8 LF. Step fwd - RF. Close beside LF - LF. Step fwd

Sec 4: Out, Hold, Out, Hold, In In, Kick-Ball-Step

1-2-3-4 RF. Step side (out) - Hold - LF. Step side (out) - Hold
5-6 RF. Step to center - LF. Step together
7&8 RF. Kick fwd - RF. Step together - LF. Step fwd

Start Again

Restart: In the 2nd wall after count 16 (3:00) After count 8 a & count is added, Step on & count LF next to RF
8& LF. Dig heel fwd - LF. Step together

Tag 32 count: After the 5th wall, The music slows down here, do the next counts slowly (6:00)

Step R fwd, Sweep, Step L fwd, Sweep, Jazz Box 1/4 Turn R

1-2-3-4 RF. Step fwd - LF. Sweep from back to front - LF. Step fwd - RF. Sweep from back to front
5-6-7-8 RF. Cross over LF - LF. Step back - RF. 1/4 Turn R step side - LF. Step fwd (9:00)

Step R fwd, Sweep, Step L fwd, Sweep, Jazz Box 1/4 Turn R

1-2-3-4 RF. Step fwd - LF. Sweep from back to front - LF. Step fwd - RF. Sweep from back to front
5-6-7-8 RF. Cross over LF - LF. Step back - RF. 1/4 Turn R step side - LF. Step fwd (12:00)

Step R fwd, Sweep, Step L fwd, Sweep, Jazz Box 1/4 Turn R

1-2-3-4 RF. Step fwd - LF. Sweep from back to front - LF. Step fwd - RF. Sweep from back to front
5-6-7-8 RF. Cross over LF - LF. Step back - RF. 1/4 Turn R step side - LF. Step fwd (3:00)

Out, Hold, Out, Hold, In In, Kick-Ball-Step

1-2-3-4 RF. Step side (out) - Hold - LF. Step side (out) - Hold

5-6 RF. Step to center - LF. Step together
7&8 RF. Kick fwd - RF. Step together - LF. Step fwd

Note: After the 7th wall you dance the last block twice (Sec 4) (12:00)

Contact: marja42@kpnmail.nl / co4ol72@kpnmail.nl
