

Keep On Rocking Baby

COPPER KNOB
STEPSHEETS

Count: 48

Wall: 4

Level: Intermediate

Choreographer: Colin Tremain (UK)

Music: On and On and On - ABBA



KICK TWICE, FORWARD SHUFFLE, ROCK STEPS, BACK STEP, TOUCH

- 1-2 Left foot kick forward twice
3&4 Left step forward, right close beside left, left step forward
5-6 Rock forward onto right, rock back onto left
7-8 Step back on right, touch left toe beside right

CROSS, ½ UNWIND, HIP SWINGS, HEEL TOUCH, TOE TOUCH SIDE STEP TOE DRAW

- 9-10 Left step across right, unwind ½ turn to right
11&12 Left steps left, swinging hips left, right, left
13-14 Right heel touch forward, right toe touch behind
15-16 Right step right, draw left toe beside right (no weight)

STEP, ½ HITCH TURN, COASTER STEP, HEEL TOUCH, TOE TOUCH, SIDE STEP, TOE DRAW

- 17-18 Left step forward, hitch right knee turning ½ turn left on ball of left foot
19&20 Right step back, left steps beside right, right step forward
21-22 Left heel touch forward, left toe touch
23-24 Left step left, draw right toe beside left (no weight)

RIGHT KICK, KICK, BACK ROCK, KICK, ¼ HITCH TURN, STOMP RIGHT & LEFT

- 25-28 Right foot kick forward twice, rock back on right, rock forward on left
29-30 Right foot kick forward, hitch right knee turning ¼ left on ball of left
31-32 Stomp right, stomp left

BACK STEPS WITH KICKS & CLAPS, ROCK STEPS, COASTER STEP

- 33-34 Right step back, left kick forward and clap
35-36 Left steps back, right kick forward and clap
37-38 Rock forward on right, rock back onto left
39&40 Right step back, left step beside right, right step forward

¼ PIVOT TURNS WITH KNEE POPS, DROP HEEL X 4

- 41 Left step forward while pivoting ¼ turn right on ball of right popping right knee forward (for style, swing both hands diagonally to lower left and click fingers)
42 Drop right heel
43-48 Repeat counts 41&42 3 times (completing a full turn)

REPEAT
