

# Keep On Movin'

Compte: 56

Mur: 4

Niveau: Intermediate



Chorégraphe: Kate O'Connor (UK)

Musique: Don't Stop Movin' - S Club 7

## SYNCOPATED WEAVE & ROCK WITH ½ TURN HITCH

- 1 Step right to right side
- 2 Step left behind right
- &3 Step right to right side, cross left over right
- &4 Step right to right side, step left behind right
- 5 Rock out onto right foot
- 6 Rock back onto left taking a ½ turn to your left hitching your right knee slightly
- 7 Rock out onto right foot
- 8 Rock back onto left foot, hitching right knee slightly

## SYNCOPATED WEAVE & ROCK WITH ½ TURN HITCH

- 9-16 Repeat steps 1-8

## SIDE, TOGETHER, SIDE, TOGETHER, SIDE, CROSS ROCK, ¼ TURN SHUFFLE

- 1 Step right foot to right side
- 2 Slide left foot up to right
- 3&4 Step right foot to right side, step left foot next to right, step right foot to right side
- 5-6 Rock left foot across in front of right, replace weight back onto right foot
- 7&8 Step left foot to left side, step together with right, turn ¼ left stepping forward with left foot

**For styling you can add arm movements to counts 1-2 by pointing your right arm up and out and your left arm down to the left**

## ROCK FORWARD, ½ SHUFFLE TURN, ROCK FORWARD, COASTER STEP

- 1-2 Rock forward onto right foot, rock back onto left
- 3&4 Take a ½ turn shuffle to your right, stepping right, left right
- 5-6 Rock forward onto left foot, rock back onto right foot
- 7&8 Step back onto left foot, step right foot next to left, step forward onto left foot

## RIGHT & LEFT VAUDEVILLES (HEEL JACKS), HEEL JACK CROSS, UNWIND

- &1&2 Step right diagonally back, touch left heel out, step left to center, cross step right over left
- &3&4 Step left diagonally back, touch right heel out, step right to center, cross step left over right
- &5&6 Step right diagonally back, touch left heel out, step left to center, cross touch right over left
- 7-8 Unwind a ½ turn over left shoulder (weight ending up on left foot), clap hands

## DIAGONAL HIP BUMPS FORWARD, BACK UP WITH ATTITUDE!

- 1&2 Step right foot diagonally forward and bump hips right, left, right
- 3&4 Step left foot diagonally forward and bump hips left, right, left
- &5&6 Skip back on left leg, slightly hitching right knee, step down on right foot, skip back on right, slightly hitching left knee, step down on left foot
- &7&8 Skip back on left leg, slightly hitching right knee, step down on right foot, skip back on right, slightly hitching left knee, step down on left foot

**For added styling keep the body low and slightly forward**

## SHIMMY FORWARD AND BACK, ½ TURN WITH HITCH POINTS

- 1&2&3&4 Keeping right foot slightly forward, shimmy your shoulders forward & back
- &5&6&7&8 Turn ½ turn left hitching and pointing right foot x 4 as your turn (start with the hitch)

## REPEAT

## FINISH

To end the dance in a dramatic fashion you will hear the music change (no lyrics), and you will be facing the 4th wall. After steps 1-16 there is a 3 count beat where they sing the words "S Club beat".

- 1-2 Step forward right then left (shoulder width apart) lifting your right and left arms simultaneously with your feet
  - 3 Bring both arms back down crossing over your body and drop your head down to floor at the same time
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