

# Keep On

**COPPER KNOB**  
STEPSHEETS

**Compte:** 64

**Mur:** 2

**Niveau:** Improver / Easy Intermediate



**Chorégraphe:** Nat Davids (SA) - May 2014

**Musique:** Keep On - Blackbyrd : (iTunes)

**Intro:** □ 16 counts - start on vocals ( 1 tag)

**SECTION 1: [1 to 8] □ WALK, HOLD X 2., FWD MAMBO, HOLD**

1 2 3 4 Step RF fwd, hold. Step LF fwd, hold.  
5 6 Rock RF fwd, recover weight on to LF  
7 8 Step RF back, hold.

**SECTION 2: [9 to 16] □ WALK BACK, HOLD X 2. COASTER CROSS.**

1 2 3 4 Step LF back, hold. Step RF back, hold.  
3 4 5 6 Step LF back, step RF next to LF, cross LF over RF.

**SECTION 3: [17 to 24] □ SIDE ROCK, RECOVER, EXTENDED WEAVE, HOLD.**

1 2 Rock RF to right side, recover weight on to LF.  
3 4 Step RF across LF, Step LF to left side.  
5 6 Step RF behind LF, Step LF to left side.  
7 8 Step RF across LF, Hold.

**SECTION 4: [25 to 32] □ TURNING HEEL SWITCHES**

1 2 Touch left heel fwd , making a 1/8 turn, Step LF next to RF.  
3 4 Touch right heel fwd, making 1/8 turn. Step RF next to LF.  
5 6 Touch left heel fwd , making a 1/8 turn, Step LF next to RF.  
7 8 Touch right heel fwd, making 1/8 turn. Step RF next to LF. (6 o'clock)

**SECTION 5: [33 to 40] □ CROSS, SIDE, BEHIND, ¼ TURN. MAMBO, STEP BACK, HOLD**

1 2 Step LF across RF, step RF to right side.  
3 4 Step LF behind RF. ¼ turn right, stepping RF fwd. (3 o'clock)  
5 6 7 8 Rock LF fwd, recover weight on to RF. Step LF back. Hold.

**SECTION 6: [40 - 48] □ COASTER STEP, CROSS, HOLD. SWAY, HOLD X 2**

1 2 3 4 Step RF back, step LF next to RF. Step LF across RF, hold.  
5 6 7 8 Sway left, hold. Sway right, hold.

**SECTION 7: [49 TO 56] □ CROSS, SIDE, HEEL, HOLD. STEP TOGETHER, CROSS, STEP ¼ TURN HOLD.**

1 2 Step LF across RF, step RF to right side.  
3 4 Touch left heel fwd to left diagonal. Hold  
5 6 Step LF next to RF. Step RF across LF  
7 8 ¼ turn left, stepping fwd on LF, Hold.( 6 o'clock)

**SECTION 8: [57 TO 64] □ ¼ TURN, CROSS HOLD. SIDE ROCK ¼ TURN, FWD HOLD**

1 2 Step RF fwd, pivot ¼ turn left, stepping left to left side. (3 o'clock)  
3 4 Step RF across LF. Hold  
5 6 Step LF to left side, ¼ turn right, recover weight on to RF. (6 o'clock)  
7 8 Step LF fwd. Hold. \*(see note for wall 1 from counts 5 to 8).

**NOTE: Section 8 - □ At end of wall 1 only. Do not make ¼ right on count 6**

**TAG: Left side rock, recover, step LF across RF, hold. Facing 3 0'clock □  
32 counts. End of wall 1 only – see note above**

1 2 3 4 Step RF back, making a ¼ turn left. Step LF to left side. Step RF across LF hold  
5 6 7 8 Rock LF to left side, recover weight on to RF. Step Lf across RF (12 o' clock)

1 2 3 4 Step RF back, making a ¼ turn left. Step LF to left side. Step RF across LF hold  
5 6 7 8 Rock LF to left side, recover weight on to RF. Step Lf across RF (9 o' clock)

1 2 3 4 Step RF back, making a ¼ turn left. Step LF to left side. Step RF fwd.  
5 6 7 8 Rock LF to left side, recover weight on to RF. Step LF fwd. (6 o'clock)

1 2 3 4 ½ turn left stepping back on RF. ½ turn left stepping fwd on LF. Step fwd on RF, Hold  
5 6 7 8 Step LF fwd, recover weight on to RF, Step Lf back. Hold

**ENDING: AT THE END OF WALL 6 – 20 COUNTS**

**MAMBO FWD, HOLD. MAMBO BACK, HOLD**

1 2 3 4 Step RF fwd, recover weight on to LF. Step RF back, Hold.  
5 6 7 8 Step LF back, recover weight on to RF. Step LF back, Hold.

**STEP, PIVOT ½ TURN STEP, HOLD X 2**

1 2 3 4 Step RF fwd, pivot ½ turn left on to LF, step RF fwd, hold.  
5 6 7 8 Step Lf fwd, pivot ½ turn right on to RF, step LF fwd, hold

**MAMBO STEP FWD, HOLD.**

1 2 3 4 Step RF fwd, recover weight on to LF. Step RF back, hold.

Contact: [natinline@biancor.com](mailto:natinline@biancor.com)

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