

Keep on Keepin' On

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Ruth Ann Strickland (USA) - November 2020
音乐: I've Got to Use My Imagination - Gladys Knight & The Pips : (3:20)
或: Sweet Temptation - Craig Wayne Boyd : (2:41)
或: Anyone Can Play (Rock Version) - Glen Campbell : (2:36)
或: California Dreamin' - Giorgi Didize : (2:35)



Intro 32 counts

Alt. Music:

Craig Wayne Boyd - Sweet Temptation (2:41)
Glenn Campbell - Anyone Can Play (Rock Version) (2:36)
Giorgi Didize - California Dreamin' (2:35)

Section 1: (STEP RIGHT CLOSE LEFT, TWO HEEL BOUNCES, TWIST LEFT, RIGHT, LEFT, RIGHT)

1-2 Step Right foot to right side, step Left foot beside Right
3-4 Raise and lower both heels twice
5-8 Twist by moving both heels out to the sides LRLR

Section 2: (STEP LEFT CLOSE RIGHT, TWO HEEL BOUNCES, TWIST RIGHT, LEFT, RIGHT LEFT)

1-2 Step Left foot to left side, step Right foot beside Left
3-4 Raise and lower both heels twice
5-8 Twist by moving both heels out to the sides RLRL

Section 3: (DIAGONAL STEP TOUCH, ¼ TURN LEFT STEP TOUCH, TWO HIP BUMPS RIGHT, TWO HIP BUMPS LEFT)

1-2 Step Right foot forward at a 45 degree angle, touch left beside right
3-4 Turn ¼ Left, step on Left foot, touch right beside left
5-8 Stepping to R side (with weight on R foot, bump hips twice to the right, swaying to the L side (with weight on L foot), bump hips twice to the left

Section 4: (TWO TOE STRUTS, ROCKING CHAIR)

1-2 Touch Right toe forward, drop right heel as you put weight onto right foot
3-4 Touch Left toe forward, drop left heel as you put weight onto left foot
5-6 Rock Right foot forward, recover weight on Left
7-8 Rock Right foot backward, recover weight on Left

No Tag or Restart

I hope you enjoy!

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