

# Keep Moving

拍数: 32      墙数: 2      级数: Absolute Beginner  
编舞者: Tone Armand-Jensen Bergum (NOR) - February 2025  
音乐: Keep Moving Forward - Tunes Of The Future



#8 count intro  
\*1 tag & Restart

## Sec 1: K-step with Fingersnaps

1-2            On R Diag Step FW on RF (1), Touch LF Beside and Snap to R side (2)  
3-4            On L Diag Step Back on LF (3), Touch RF Beside and Snap to L side (4)  
5-6            On R Diag Step Back on RF (5), Touch LF Beside and Snap to R side (6)  
7-8            On L Diag Step FW on LF (7), Touch RF Beside and Snap to R side (8)

## Sec 2: Wine to the Right, Touch, Rolling Wine to the Left, Touch

1-4            Step RF to side (1), Cross LF behind (2), Step RF to side (3), Touch LF beside (4)  
5-8            ¼ Turn L (5), ½ Turn L (6), ¼ Turn L (7), Touch R Beside L (8)

## Sec 3: R Shuffle, Pivet ½ Turn R, L Shuffle, Pivet ½ Turn L

1&2            Step FW on RF (1), Step LF Beside (&), Step FW on RF (2)  
3-4            Step FW on LF (3), ½ Turn and Step FW on RF (4) (6:00)  
5&6            Step FW on LF (5), Step RF Beside (&), Step FW on LF (6)  
7-8            Step FW on RF (7), ½ Turn L and Step FW on LF (8) (12:00)

## Sec 4: R Shuffle, ½ Turn L, Walk Back L-R, L Coaster Step, Sway R Sway L

1&2            ¼ Turn L and Step RF to Side (1) (9:00), Step LF Beside (&), ¼ Turn L and Step Back o RF  
(2) (6:00)  
3-4            Walk Back on LF (3), Walk Back on RF (4)  
5&6            Step Back on Lf (5), Step RF Beside (&), Step FW on LF (6)  
7-8            Step RF to Side and Sway R (7), Recover Weight to LF and Sway L (8)

Tag and Restart: In wall 8, after 16 counts, the Music stops for 4 counts; Sway R-L-R-L and dance one more wall. Enjoy the dance!