

# Keep It Real

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Shelley Lindsay (UK)  
音乐: Let Her Go - Blu Cantrell



## WALK FORWARD LEFT, RIGHT, ½ TURNING HIP BUMPS RIGHT, STEP ½ PIVOT TURN

- 1-2      Step forward on left, step forward on right
- 3&      Step forward on left as you bump hips forward, ¼ turn right bumping hips right
- 4&      ¼ turn right bumping hips back, bump hips forward
- 5-6      Look over left shoulder as you bump hips back, step forward on right
- 7-8      Step forward on left, ½ turn pivot right

## STEP PIVOT, STEP TURN SWIVEL, STEP TOUCH, STEP TOUCH

- 1-2      Step forward on left, pivot ½ turn right
- 3&4      Step forward on left, ¼ turn left stepping right to side, turn ¼ pivot left touching left across right foot
- 5-6      Step left to side, touch right behind
- 7-8      Step right to side, touch left behind

## FULL UNWIND, SHOULDER ROLL, TOUCH HITCH SLIDE, KICK BALL CROSS, KNEES

- 1      Full unwind left taking weight onto left foot (option: transfer weight to left - no turn)
- 2      Roll left shoulder back as you click left fingers at waist height
- 3&4      Touch right to side, hitch right leg, step right to side
- 5&6&      Kick left foot to side, step left in place, step right over left, step left to side
- 7&8&      Feet apart and legs bent, turn both knees out (7), in (&), out (8), in (&)

## ¼ TURN PRESS, RECOVER, AND STEP PIVOT, ½ TURNING STEP TOUCH STEP TWICE

- 1-2      Turn ¼ to right pressing weight forward on right, recover weight back on left
- &3-4      Step right next to left instep, step forward on left, pivot ½ turn right
- 5-6&      Step forward on left, ¼ turn right touching right next to left, ¼ turn right stepping forward on right
- 7-8&      Step forward on left, ¼ turn right touching right next to left, ¼ turn right stepping forward on right

## REPEAT

## TAG

Danced at the end of the 2nd and 4th walls

## WALK LEFT, RIGHT, STEP PIVOT ¼ TURN TWICE, STEP ¼ TURN LEFT, TOUCH RIGHT TO SIDE

- 1-2      Step forward left, step forward right
- 3-4      Step forward left, pivot ¼ turn right transferring weight to right
- 5-6      Step forward left, pivot ¼ turn right transferring weight to right
- 7-8      Step forward left, ¼ turn left touching right to side

## WALK RIGHT, LEFT, STEP PIVOT ¼ TURN TWICE, STEP ¼ TURN RIGHT, TOUCH LEFT TO SIDE

- 1-2      Step forward right, step forward left
- 3-4      Step forward right, pivot ¼ turn left transferring weight to left
- 5-6      Step forward right, pivot ¼ turn left transferring weight to left
- 7-8      Step forward right, ¼ turn right touching left to side