

# Keep On Going

COPPER KNOB  
STEPSHEETS

拍数: 32      墙数: 2      级数: Improver polka  
编舞者: Barry Durand (USA)  
音乐: If You're Going Through Hell (Before the Devil Even Knows) - Rodney Atkins



## CROSS, ¼ TURN LEFT, COASTER, STEP-HITCH-STEP TWICE

1-2      Cross left over right, step right back making ¼ turn left (9:00)  
3&4      Step left back, right together, left forward  
5&6      Tap right heel forward, hitch right over left knee, step right forward  
7&8      Tap left heel forward, hitch left over right knee, step left forward

## PIVOT ½ TURN, SHUFFLE FORWARD, TOUCH FORWARD, BACK, PIVOT ¼, RECOVER

1-2      Step right forward, pivot ½ turn left weight to left (3:00)  
3&4      Shuffle forward right, left, right  
5-6      Touch left forward, touch left behind  
7-8      Rock weight onto left foot behind turning upper body ¼ turn left (12:00), recover weight back onto right foot turning body back facing (3:00)

## KICK STEP LOCK STEPS, STOMP ¼ TURN, KICK STEP LOCK STEP, 2 STOMPS

1&2&      Kick left forward, step left down, lock right behind, step left forward  
**This step can be replaced with a left-right-left shuffle**  
3&4      Scuff right heel forward, hitch right up, stomp right down turning ¼ turn left (12:00)  
5&6&      Kick left forward, step left down, lock right behind, step left forward  
**This step can be replaced with a left-right-left shuffle**  
7&8      Scuff right heel forward, small hitch right up, stomp right down 2 times

## SHUFFLE LEFT, ¼ TURN RIGHT, SHUFFLE RIGHT, ¼ TURN RIGHT KICK BALL CROSS, SWAY

1&2      Shuffle to the left side left, right, left  
3&4      Making ¼ turn right shuffle right right, left, right (3:00)  
5&6      Making ¼ turn right kick left forward, step left to left side, cross right over left (6:00)  
7-8      Step left to left side swaying left, sway back to right taking weight on right

**REPEAT**

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