

# Keep On, Keeping On

**COPPER** **NOB**  
BY STEPHEN

拍数: 32                      墙数: 4                      级数: Beginner  
编舞者: Gerald Biggs (USA) - October 2010  
音乐: Higher Ground (Single Version) - Stevie Wonder : (CD: Stevie Wonder: Song  
Review- A Greatest Hits Collection)



Start on lyrics (34 count intro from where drums start)

## **CROSS ROCK, RECOVER, ¼ TURNING TRIPLE STEP, FORWARD ROCK, RECOVER, ½ TURNING TRIPLE STEP**

1-2                      Cross rock RT over LT, Recover onto LT  
3&4                      ¼ turn RT stepping R,L,R (3:00)  
5-6                      Step LT forward while rocking forward onto LT, Recover onto RT  
7&8                      ½ turn LT stepping L,R,L (9:00)

## **LINDY RT, BACK ROCK, RECOVER, LINDY LT, BACK ROCK, RECOVER**

1&2                      Step RT to side, Step LT next to RT, Step RT to side  
3-4                      Step LT back while rocking onto LT, Rock forward onto RT  
5&6                      Step LT to side, Step RT next to LT, Step LT to side  
7-8                      Step RT back while rocking onto RT, Rock forward onto LT

## **KICK BALL CHANGE, STEP, TURN, CROSS SHUFFLE, SHUFFLE STEP FORWARD**

1&2                      Kick RT slightly forward, Step RT next to LT, Step LT in place  
3-4                      Step RT forward, Pivot turn ¼ turn LT while shifting weight LT (6:00)  
5&6                      Cross shuffle ( RT over LT) R,L,R  
7&8                      Shuffle step forward, L,R,L

## **FORWARD ROCK, RECOVER, COASTER STEP, FORWARD ROCK, RECOVER, ¼ TURNING SAILOR STEP**

1-2                      Rock forward onto RT while stepping RT slightly forward, Recover onto LT  
3&4                      Step RT back, Step LT next to RT, Step RT forward  
5-6                      Rock forward onto LT while stepping LT slightly forward, Recover onto RT  
7&8                      In a sweeping motion step LT behind RT, Step RT to side while turning ¼ turn LT, Step LT next to RT (3:00)

Start again and enjoy

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