

Keep On Moving

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Beginner / Improver
编舞者: Jon Levant (USA) & Gail Levant (USA) - June 2013
音乐: Break My Stride - Matthew Wilder : (Album: VH1 100 Greatest One Hit Wonders of the Eighties)



Start after 32 counts and before vocals.

Section 1: Walk, Walk, Shuffle FWD, Rock, Recover, Coaster Step

1-2 Walk FWD R foot, Walk FWD L foot
3&4 Shuffle FWD R-L-R
5-6 Rock FWD on L foot, Recover back onto R foot
7&8 Step L foot back-Step R foot next to L foot-Step FWD on L foot

Section 2: Pivot ½, Pivot ¼, Cross Rock, Shuffle Right

1-2 Step FWD on R foot, Pivot ½ turn left shifting weight to L foot (6:00)
3-4 Step FWD on R foot, Pivot ¼ turn left shifting weight to L foot (3:00)
5-6 Cross-Rock R foot over L foot, Recover onto L foot
7&8 Shuffle to right side R-L-R (3:00)

Section 3: Weave Right with Point, Weave Left with Point

1-4 Cross L foot over R foot, Step R foot to right side, Cross L foot behind L foot, Point R toes to right
5-8 Cross R foot over L foot, Step L foot to left side, Cross R foot behind L foot, Point L toes to left

Section 4: Cross, Point, Back ¼, Kick, Shuffle Back, Rock Back, Recover

1-2 Cross L foot over R foot, Point R toes to right
3-4 Step R foot back ¼ turn right (6:00), Kick L foot FWD
5&6 Shuffle back L-R-L
7-8 Rock R foot back, Recover on L Foot (6:00)

Start over and have fun

Optional ending to end facing 12:00:

Music will be ending as you are finishing counts 3-4 of Section 4 facing 6:00.

After the kick on count 4 don't do the shuffle back.

Instead step the L foot FWD and do a ½ turn pivot turn right onto the R foot now facing 12:00 while raising arms to the sides and smiling.

Contact: jonandgail@prodigy.net