

# Just Keep Swimming

COPPER KNOB  
BY SHEETS

拍數: 112      牆數: 1      級數: Phrased Advanced  
編舞者: Kirsten Matthiessen (DK) - June 2016  
音樂: Make My Love Go (feat. Sean Paul) - Jay Sean



Intro: □ 16 counts (app. 9 seconds into track)

Phrasing: □ A B A B A\* B

On the third A, repeat the last 16 counts (without turning the first ¼ L)

Note:

A always starts facing 12 o'clock

B always starts facing 9 o'clock

A section – 48 counts

[1-8] □ Side rock, Behind ¼ R fw, Point touch step, Behind ¼ L fw, Lock step fw □

1-2      Rock L to L side, recover onto R □ 12:00

(Styling: add a shoulder pop to the L on &2) □

3&      Cross L behind R, turn ¼ R stepping R fw □ 03:00

4&5      Point L to L side, touch L next to R, step L to L side □ 03:00

6&      Cross R behind L, turn ¼ L stepping L fw □ 12:00

7&8      Step R fw, lock L behind R, step R fw □ 12:00

[9-16] □ Step lock, Unwind full turn R, Side rock cross behind hitch x2, ¼ L walk walk □

&1-2      Step L fw, lock R behind L, unwind full turn R (weight ending on R) □ 12:00

3&4      Rock L to L side, recover onto R, cross L behind R hitching R □ 12:00

5&6      Rock R to R side, recover onto L, cross R behind L hitching L □ 12:00

7-8      Turn ¼ L stepping L fw, step R fw □ 09:00

[17-24] □ Rocking chair, Cross samba, Cross ¼ R, Shuffle ½ R sweep □

1&2&      Rock L fw, recover onto R, rock L back, recover onto R □ 09:00

3&4      Cross L over R, rock R to R side, recover onto L □ 09:00

5-6      Cross R over L, turn ¼ R stepping L back □ 12:00

7&8      Turn ¼ R stepping R to R side, step L next to R, turn ¼ R stepping R fw sweeping L  
CW □ 06:00

[25-32] □ Cross back back x2, Batucadas, Mambo ½ L □

1-2&      Cross L over R, step R back, step L back (slightly diagonally) □ 06:00

3-4&      Cross R over L, step L back, step R back □ 06:00

5&6&      Touch/press L fw rolling hips CCW, step L back, touch/press R fw rolling hips CW, step R  
back □ 06:00

7&8      Rock L forward, recover onto R, turn ½ L stepping L fw □ 12:00

[33-40] □ ¼ L, Side back rock x2, Rock step ½ R, Kick step lock step □

1-2&      Turn ¼ L stepping R to R side, rock L back, recover onto R □ 09:00

3-4&      Step L to L side, rock R back, recover onto L □ 09:00

5-6&      Rock/press R fw, recover onto L, turn ½ R stepping R fw □ 03:00

7&8&      Kick L fw, step L fw, lock R behind L, step L fw □ 03:00

[41-48] □ Press step x2, ¼ L paddle turn hip rolls x2 □

1-2&      Press R fw, recover onto L, step R next to L □ 03:00

3-4&      Press L fw, recover onto R, step L next to R □ 03:00

5-6-7-8      Step R fw, turn ¼ L rolling hips CCW transferring weight onto L, step R fw, turn ¼ L rolling  
hips CCW transferring weight onto L □ 09:00

On the 3rd A:

Repeat the last 16 counts without turning the first ¼ L, just step R to R side.

You'll still be facing the directions indicated above

**B section – 64 counts**

**[1-8] □ Cross ¼ R back, Lock step back, Sailor x2 □**

- 1-2 Cross R over L, turn ¼ R stepping L back □ 12:00
- 3&4 Step R back, lock L in front of R, , step R back sweeping L CCW □ 12:00
- 5&6 Cross L behind R, step R to R side, step L to L side □ 12:00
- 7&8 Cross R behind L, step L to L side, step R to R side □ 12:00

**[9-16] □ Behind ¼ R, Lock step fw, Step turn step, Full turn □**

- 1-2 Cross L behind R, turn ¼ R stepping R fw □ 03:00
- 3&4 Step L fw, lock R behind L, step L fw □ 03:00
- 5&6 Step R fw, turn ½ L stepping onto L, step R fw □ 09:00
- 7-8 Turn ½ R stepping L back, turn ½ R stepping R fw □ 09:00

**[17-24] □ Mambo fw, Coaster step, Point x2, Triple ¾ R □**

- 1&2 Rock L fw, recover onto R, step L back □ 09:00
- 3&4 Step R back, step L next to R, step R fw □ 09:00
- 5&6 Point L to L side, step L next to R, point R to R side □ 09:00
- 7&8 Turn ¾ R stepping R, L, R in place sweeping L CW on the last step □ 06:00

**[25-32] □ Cross ¼ L, Chasse, Cross ¼ R, Triple full turn, Collect □**

- 1-2 Cross L over R, turn ¼ L stepping R back □ 03:00
- 3&4 Step L to L side, step R next to L, step L to L side □ 03:00
- 5-6 Cross R over L, turn ¼ R stepping L back □ 06:00
- 7&8& Turn 1/1 R stepping R, L, R in place, step L next to R □ 06:00

**[33-40] □ Heel switches, Vaudeville, Cross side, Hitch ½ L, Side together, ¼ L together □**

- 1&2& Place R heel fw, step R next to L, place L heel fw, step L next to R □ 06:00
- 3&4& Cross R over L, step L to L side, place R heel diagonally fw, step R next to L □ 06:00
- 5&6 Cross L over R, step R to R side, turn ½ L hitching L □ 12:00
- &7&8 Step L to L side, step R next to L, turn ¼ L stepping L fw, step R next to L □ 09:00

(Styling: bend your knees and pop them out on the & counts) □

**[40-48] □ Back hitch ball step sweep x2, Sailor ¼ L cross, Paddle turn 1/8 x2 □**

- 1&2 Step L back hitching R, step R next L, step L back sweeping R CW □ 09:00
- 3&4 Step R back hitching L, step L next to R, step R back sweeping L CCW □ 09:00
- 5&6 Cross L behind R, turn ¼ L stepping R small step to R side, cross L slightly over R □ 06:00
- &7&8 Step R to R side, turn 1/8 L transferring weight onto L, step R to R side, turn 1/8 L transferring weight onto L □ 03:00

(Styling: bend your knees and pop them out on the & counts) □

**[49-56] □ Repeat section 5**

**Heel switches, Vaudeville, Cross side, Hitch ½ L, Side together, ¼ L together □**

- 1&2& Place R heel fw, step R next to L, place L heel fw, step L next to R □ 03:00
- 3&4& Cross R over L, step L to L side, place R heel diagonally fw, step R next to L □ 03:00
- 5&6 Cross L over R, step R to R side, turn ½ L hitching L □ 09:00
- &7&8 Step L to L side, step R next to L, turn ¼ L stepping L fw, step R next to L □ 06:00

(Styling: bend your knees and pop them out on the & counts) □

**[57-64] □ Repeat section 6, adding a collect**

**Back hitch ball step sweep x2, Sailor ¼ L cross, Paddle turn 1/8 x2, Collect □**

- 1&2 Step L back hitching R, step R next L, step L back sweeping R CW □ 06:00
- 3&4 Step R back hitching L, step L next to R, step R back sweeping L CCW □ 06:00

5&6                    Cross L behind R, turn ¼ L stepping R small step to R side, cross L over R □ 03:00  
&7&8&                Step R to R side, turn 1/8 L transferring weight onto L, step R to R side, turn 1/8 L  
                         transferring weight onto L, step R next to L □ 12:00

**(Styling: bend your knees and pop them out on the & counts of the paddle turns) □**

Hope you enjoy

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