

Keep Moving On

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Tracey Lynn Bell & Vanessa Johnston (CAN) - May 2017
音樂: Go Back - Leah Daniels



32 count intro (She sings a faint "whoooo...", then starts singing "I see you creeping round..." – the "I" is step 1 of the first wall.)

1 2 ; Rock Right, Recover in place (weight back onto Left),
3&4 ; Behind-side-cross (R, L, R)
5 6 ; Rock Left, Recover in place (weight back onto Right),
7&8 ; Behind-side-cross (L, R, L)

&1 ; Jump out (Right/left),
2 ; Hold,
&3 ; Jump in (Left/right),
4 ; Hold
5 6 7 8 ; Right out, Left out, Right in, Left in ('V' step)

1&2 ; Shuffle forward Right-Left-Right,
3 4 ; Pivot ½ Turn (Step forward on Left for 3, Half turn over right shoulder, weight landing on Right for 4)
5&6 ; Shuffle forward Left-Right-Left
7&8 ; Kick Ball Change (Right foot kick, ball change right-left)

1 2 3 4 ; Jazz Box (Cross Right over Left, Step back on Left, Step beside on Right, Step Left foot together)
5 6 ; Pivot ¼ Turn (Step Right foot forward for 5, Quarter turn over left shoulder, weight landing on Left for 6)
7&8 ; Heel Swivel –
Option 1: Hold for 7, put weight onto toes and swivel heels out-in quickly on 8 : Heel Swivel –
Option 2: In an Up/Down motion - Put weight onto toes for 7 while turning heels outward slightly.
Twist heels in for '&', Twist heels back out putting weight back down on heels for 8

NOTE The Heel Swivel is an opportunity to make it your own and add a variation – You can pause for 7, then swivel your heels on 8, you can twist heels out-in-out, or in-out-in for 7 & 8, or put your weight on one foot and swivel only one heel, or another heel swivel variation of your own.

Wall 4: (facing 9 o'clock): Restart; first 16 counts then Re-start

Wall 7 - (facing 6 o'clock): Tag-Restart; first 16 counts, Then....

1 2 3 4 ; Right out, Left out, Right in, Left in ('V' step),
5 6 ; Right Foot Stomp, stomp, Restart

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Last Update - 11th April 2018