Keep On Dancing

拍數: 48

級數: Intermediate

編舞者: Tracy Hoo (MY) & Jennifer Choo (MY) - October 2017

音樂: Dance, Dance, Dance - Steve Miller Band

Start on lyrics: Dance, Dance, Dance...

Set 1: SWAY RLRL, 1/4 SWAY RLRL End Facing

1-4 Step RF to R and sway hip to R, Sway hip to L, Sway hip to R, Sway hip to L Option: Or any free style dancing for 4 counts facing 12:00 12:00

5-8 1/4L Step RF to R and sway hip to R, Sway hip to L, Sway hip to R, Sway hip to L Option: Or any free style dancing for 4 counts facing 9:00 9:00

Set 2: 1/L SWAY RLRL, FWD, 1/2 RBACK, 1/4 RSIDE, CROSS

1-4 1/4L Step RF to R and sway hip to R, Sway hip to L, Sway hip to R, Sway hip to L

- Option: Or any free style dancing for 4 counts facing 6:00 6:00
- 5-8 Step RF fwd, ½R stepping back on LF, ¼R stepping RF to R, Cross LF over RF 3:00

Set 3: R GRAPEVINE, L GRAPEVINE, STEP FLICK, STEP HOOK, STEP HITCH, STEP HITCH

- 1&2& Step RF to R, Step LF behind RF, Step RF to R, Touch LF next to RF 3:00
- 3&4& Step LF to L, Step RF behind LF, Step LF to L, Touch RF next to LF 3:00
- 5& Step RF fwd, Flick LF behind R knee and slap L ankle with R hand 3:00
- 6& Step LF back, Hook RF in front of L knee and slap R ankle with L hand 3:00
- 7& Step RF fwd, Hitch L knee and slap L knee with R hand 3:00
- 8& Step LF fwd, Hitch R knee and slap R knee with LF hand 3:00

Set 4: ¼R MONTEREY, POINT, CLOSE, 4X TOE FANS, STEP HEEL SPLITS

- 1&2& Point RF to R, ¼R Close RF next to LF, Point LF to L, Close LF next to RF 6:00
- 3&4& Dig R heel fwd, Fan R toes to R, Dig L heel fwd, Fan L toes to L 6:00
- 5&6& Dig R heel fwd, Fan R toes to R, Dig L heel fwd, Fan L toes to L 6:00
- 7&8 Step RF next to LF, Swivel both heels outwards, Swivel both heels inwards 6:00

Set 5: SWIVEL R HEEL-TOE-TOE-HEEL, SWIVEL L HEEL-TOE-TOE-HEEL, ROCKING CHAIR, SCUFF, ¼L HITCH 2X

- 1&2& Swivel R heel to R, Swivel R toes to R, Swivel R toes to L, Swivel R heel to L 6:00
- 3&4& Swivel L heel to L, Swivel L toes to L, Swivel L toes to R, Swivel L heel to R 6:00

Options for counts 1-4: Swivets or Applejacks

- 5&6& Rock RF fwd, Recover on LF, Rock RF back, Recover on LF 6:00
- 7&8 Scuff RF next to LF, Execute a ¼L by hitching R knee, Execute another ¼L by hitching R knee 12:00

Set 6: R DIAGONAL LOCK SCUFF, L DIAGONAL LOCK SCUFF, ¼R JAZZ BOX

- 1&2& Step RF to R diag fwd, Lock LF behind RF, Step RF to diag R fwd, Scuff LF next to RF 12:00
- 3&4& Step LF to L diag fwd, Lock RF behind LF, Step LF to diag L fwd, Scuff RF next to LF 12:00
- 5-8 Cross RF over LF, Step back on LF, ¼R Step RF to R, Cross LF over RF 3:00

Ending: On Set 4 (Start 9:00), touch LF next to RF on count 16 (facing 12:00). Then add these steps to end the dance.

L ROLLING VINE, CROSS UNWIND L FULL TURN

- 1-2 1/4L Stepping fwd on LF, 1/2L stepping back on RF 3:00
- 3-4 1/4L Stepping LF to L, Cross RF over LF and unwind full turn 12:00





牆數:4