

# Got to Keep A Movin'

COPPER KNOB  
STEPPERS

拍數: 32      牆數: 4      級數: Easy Intermediate  
編舞者: Kristen Flood (AUS) - December 2017  
音樂: Break My Stride - Jessica Mauboy : (Album: The Secret Daughter Season Two  
Soundtrack - 3:01)



---

Start weight on L. Commence dance at 0:18 on lyrics - CW rotation

**(1-8) side together, back shuffle, side together, fwd shuffle**

1, 2, 3 & 4      Step R to R side, step L next to R, shuffle back R, L R

5, 6, 7 & 8      Step L to L side, Step R next to L, shuffle fwd L, R, L

**(9-16) mambo fwd, mambo back, side together cross, side together cross**

1 & 2, 3 & 4      Rock R fwd, replace L back, step R next to L, Rock L back, replace R fwd, step L next to R

5 & 6, 7 & 8      Step R to R side, step L next to R, cross R over L, Step L to L side, step R next to L, cross L over R

**(17-24) rock, replace, behind side cross x2**

1, 2, 3 & 4      Rock R to R side, replace L to L side, step R behind L, step L to L side, step R across L

5, 6, 7 & 8      Rock L to L side, replace R to R side, step L behind R, step R to R side, step L across R

**(25-32) ¼ Monterey, heel hooks x2**

1, 2 & 3, 4 &      Point R toe to R side, hold, make ¼ R step R next to L (3:00), point L toe to L side, hold, step L next to R

5&6 & 7&8 &      Place R heel fwd at R 45o, hook R heel across L, place R heel fwd at R 45o, step R next to L, Place L heel fwd at L 45o, hook L heel across R, place L heel fwd at L 45o, step L next to R

**RESTART DANCE**

No Tags Or Restarts! Enjoy

Contact: [applejax86@hotmail.com](mailto:applejax86@hotmail.com)

---