

Keep It Moving

COPPER KNOB
STEPSHEETS

拍數: 96 牆數: 4 級數: Phrased Advanced
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音樂: Keep It Moving - Flyers



Intro: 4 Counts, Start at approx 2 secs

Sequence: A, A (16 Counts), B, C, A, A (16 Counts), B, C (Modified), B, C

Part A

SEC 1 Side, ¼ Pivot, Dip Hip Roll, Rock, Back, Back, Touch Forward

1-2 Step right to right, pivot ¼ left transferring weight on to left (9:00)
3-4 Bending knees dip and roll hips from front to back weight ends on left
5-6 Rock right forward, recover weight onto left
&7-8 Step right back, step left back, touch right forward

Styling Look back over left shoulder on count 8

SEC 2 Walk, Walk, ½ Shuffle, Rock, Modified Coaster Step

1-2 Step right forward, step left forward
3&4 Turn ½ right step right forward, step left beside right, step right forward (3:00)
5-6 Rock left forward, recover weight onto right
7-8& Step left back, step right beside left, cross left over right

SEC 3 Side Rock, Ball Side, Hitch, Side, Weave, Hold, ¼ Back, Together

1-2& Rock right to right, recover weight onto left, step right beside left
3&4 Step left to left, hitch right knee, step right to right
5&6 Step left behind right, step right to right, cross left over right
7&8 Hold, turn ¼ left step right back, step left beside right (12:00)

SEC 4 Walk, Walk, ¼ Side, Cross, ¼ Step, Step, ½ Pivot, Step Hitch, Run, Run

1-2 Step right forward, step left forward
&3-4 Turn ¼ left step right to right, cross left over right, turn ¼ right step right forward (12:00)
5-6 Step left forward, pivot ½ right transferring weight on to right (6:00)
7-8& Step left forward hitching right knee, step right forward, step left forward

Part B

SEC 1 Side, Knee Pops, ¼ Step, ¼ Side, ¼ Coaster Step

1-2 Step right to right, pop left knee towards right click fingers to right
3-4 Straighten left knee, pop left knee towards right click fingers to right
5-6 Turn ¼ left step left forward, turn ¼ left step right to right (3:00)
7&8 Turn ¼ left step left back, step right beside left, step left forward (12:00)

SEC 2 Samba Step, Samba Step, Step, ½ Heel Twists

1&2 Cross right over left, rock left to left, recover weight onto right
3&4 Cross left over right, rock right to right, recover weight onto left
5-6 Step right forward, turn ¼ left twist both heels to right (9:00)
7-8 Twist both heels to left, turn ¼ left twist both heels to right weight on left (6:00)

Option

5-6 Step right forward, pivot ½ left transferring weight on to left
7-8 Bending knees dip and roll hips from front to back weight ends on left

SEC 3 ½ Shuffle, Back Rock, Step, ½ Pivot, Step, ¼ Pivot

1&2 Turn ¼ left step right to right, step left beside right, turn ¼ left step right back (12:00)
3-4 Rock left back, recover weight onto right

- 5-6 Step left forward, pivot $\frac{1}{2}$ right transferring weight on to right (6:00)
7-8 Step left forward, pivot $\frac{1}{4}$ right transferring weight on to right (9:00)

SEC 4 Jazzbox Cross, Out, Out, Ball Cross, $\frac{3}{4}$ Unwind

- 1-2 Cross left over right, step right back
3-4 Step left to left, cross right over left
5-6 Step left to left, step right to right
&7-8 Step left beside right, cross right over left, unwind $\frac{3}{4}$ left transferring weight on to left (12:00)

Part C

SEC 1 Walk, Walk, Shuffle, $\frac{1}{4}$ Samba Diamond

- 1-2 Step right forward, step left forward
3&4 Step right forward, step left beside right, step right forward
5&6 Cross left over right, step right to right, turn $\frac{1}{8}$ left step left back (10:30)
7&8 Step right back, turn $\frac{1}{8}$ left step left to left, cross right over left (9:00)

SEC 2 $\frac{1}{4}$ Walk, Walk, Shuffle, Rock, Back, Touch, Back, Touch

- 1-2 Turn $\frac{1}{4}$ left step left forward, step right forward (6:00)
3&4 Step left forward, step right beside left, step left forward
5-6 Rock right forward, recover weight onto left
&7&8 Step right back, touch left beside right, step left back, touch right beside left

SEC 3 Walk, Walk, Shuffle, $\frac{1}{4}$ Samba Diamond

- 1-2 Step right forward, step left forward
3&4 Step right forward, step left beside right, step right forward
5&6 Cross left over right, step right to right, turn $\frac{1}{8}$ left step left back (4:30)
7&8 Step right back, turn $\frac{1}{8}$ left step left to left, cross right over left (3:00)

SEC 4 $\frac{1}{4}$ Walk, Walk, Shuffle, Rock, Back, Touch, Back, Touch

- 1-2 Turn $\frac{1}{4}$ left step left forward, step right forward (12:00)
3&4 Step left forward, step right beside left, step left forward
5-6 Rock right forward, recover weight onto left
&7&8 Step right back, touch left beside right, step left back, touch right beside left

Note At the end of 2nd Part C, Change count &7&8 to the following then continue with Part B

- &7&8 Step right back, touch left beside right, turn $\frac{1}{4}$ left step left to left, touch right to right side
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