

# 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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