

# Keep It Moving

**COPPER KNOB**  
STEPSHEETS

拍數: 64      牆數: 4      級數: Intermediate / Advanced  
編舞者: Scott Schrank (USA)  
音樂: Get It Together - Seal



## SKATE, SKATE, STEP TOGETHER STEP, SKATE, SKATE, STEP TOGETHER STEP

1-2      Right skater step, left skater step (move slightly forward)  
3&4      Step right to right, step left next to right, step right to right  
5-6      Left skater step, right skater step (move slightly forward)  
7&8      Step left to left, step right next to left, step left to left

## FULL TURN RIGHT, TAPS, KICK BALL CROSS, STEP BALL CROSS

9-10      Starting on right, make full turn to right, (spin on the left foot) (right-left)  
11&12      Leaning to the right, tap right toe three times (weight is now on the right foot)  
13&14      Kick left foot across right, left back next to right, cross right over left  
15&16      Step left to left, step right slightly behind left, cross left over right

## LUNGE, PUSH, SYNCOPATED GRAPEVINE LEFT, ROCK RECOVER, 1 ¼ TURN RIGHT

17-18      Step out to the right while leaning to the right, change weight to left and push and point right to right  
19&20      Step right behind left, step left to left, step right across left  
21-22      Rock left to left, step out ¼ turn to the right  
23&24      Make full turn to the right (3:00) left-right-left

## ROCK, RECOVER, COASTER STEP, PIVOT RIGHT, SYNCOPATED WEAVE LEFT

25-26      Rock forward right, recover left  
27&28      Step back right, step back left to right, step forward right  
29-30      Step forward left, pivot ½ turn right leaving weight on right  
31&32&      Step left foot left, step right behind left, step left to left, step right over left

## LOOK LEFT, HOLD, GRAPEVINE LEFT, ROCK, RECOVER, GRAPEVINE RIGHT

33-34      Step left to left, hold (exaggerate look to left)  
35&36      Step right behind left, step left to left, step right over left  
37-38      Rock left to left and slightly forward, recover to right  
39&40      Step left behind right, step right to right, step left over right

## LOOK RIGHT, HOLD, GRAPEVINE RIGHT, ROCK RECOVER, GRAPEVINE LEFT

41-42      Step right to right, hold (exaggerate look to right)  
43&44      Step left behind right, step right to right, step left over right  
45-46      Rock right to right and slightly forward, recover to left  
47&48      Step right behind left, step left to left, step right slightly forward

## ROCK RECOVER, ½ TURN TRIPLE STEP, POINT, HOLD, POINT, HOME TAP

49-50      Rock forward left, recover right  
51&52      Step left-right-left while making half turn left  
53-54      Point right toe right, hold  
&55&56      Bring right foot home, point left toe left, bring left foot home, tap right toe next to left foot

## WALK, WALK, MAMBO STEP, BACK, BACK COASTER STEP

57-58      Walk forward right, walk forward left  
59&60      Rock forward right, recovery weight to left, step right foot next to left (right-left-right)

61-62 Step back left, step back right  
63&64 Step left foot back left, step right foot next to left, step left foot forward

**REPEAT**

**RESTART**

**After 1st wall only**

1-12 Repeat first 12 counts of dance  
13-14 Step left to left, hold  
15&16 Body roll or hold

**RESTART**

**After 3rd wall only**

1-54 Repeat first 54 counts of dance (on count 53, point the index finger of both hands forward)  
55-56 Slowly bring the right foot next to left while lowering both arms

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