

# Keep Movin' It

COPPER KNOB  
STEPSHEETS

拍數: 48      牆數: 3      級數: Intermediate  
編舞者: Zac Detweiller (USA)  
音樂: Bailamos - Fergie



## HEEL GRIND, HEEL GRIND, KICK STEP, HEEL GRIND, HEEL GRIND, KICK STEP

1-2      Cross right heel over left, turn toes to right while stepping left to left  
3&      Cross right heel over left, turn toes to right while stepping left to left  
4&      Kick right foot to right diagonal, step right foot in place  
5-8      Repeat on left foot

## MODIFIED BACHATA (SLIGHTLY TRAVELING BACKWARD): PRESS RECOVER STEP PRESS RECOVER STEP TOUCH

1&2&      Press forward onto right toe, recover weight to left, step back on right, press forward on left  
3&4      Recover weight to right, step back on left, touch right beside left  
5&6&      Press forward onto right, recover weight to left, step back on right, press forward on left  
7&8      Recover weight to right, step back on left, touch right beside left

## LOCK FORWARD, ROCK RECOVER ½ LEFT, LOCK FORWARD, FULL TURN TOUCH

1&2      Step right forward, step left slightly behind right (lock), step forward on right  
3&4      Rock forward onto left, recover weight to right, make a ½ turn to left stepping left forward  
5&6      Step right forward, step left slightly behind right (lock), step forward on right  
7&8&      Keeping forward motion make a ½ turn right stepping back on left, make a ½ turn right stepping right forward, step left foot forward, touch right beside left

## KICK STEP CROSS, ¼ TURNING WEAVE, HEEL BALL CROSS, MODIFIED HEEL JACK

1&2      Kick right forward, step back on right, cross left over right  
&3&4      Step back on right, step left to left side making a ¼ turn left, step right across left, step left to left side  
5&6      Touch right heel forward, step right in place, cross left over right  
7&8&      Touch right toe by left heel, step right in place, present left heel forward, step left in place

## ½ PIVOT LEFT, FULL TURN LEFT, ROCK RECOVER, BEHIND SIDE ROCK

1-2      Step forward right, make a ½ turn left keeping weight left  
3&4      Make a ¼ turn left stepping right, make a ½ turn left stepping left, make a ¼ turn left stepping right  
5-6      Rock forward on left, recover weight right  
7&8      Step left behind right, rock right to right, recover weight to left

## SAMBA STEPS, ½ U TURN LEFT

1&2      Step right forward slightly in front of left, rock left to left, recover weight right  
3&4      Step left forward and slightly in front of right, rock right to right, recover weight to left  
5-6-7-8      Make a ½ turn to left walking in a "u shape pattern" note: feel free to shimmy your shoulders or scuff your foot on the & count to add styling

## REPEAT

## RESTART

On walls 2 and 4 you will drop the last 8 counts of the dance and start again. There will be an 8 count instrumental section immediately prior to restart. Both restarts occur at the front wall. Due to the restarts you do not dance the 9:00 wall

