

# Keep On Going

**COPPER KNOB**  
STEPSHEETS

拍數: 48      牆數: 4      級數: Intermediate social cha  
編舞者: Bruce Milner (USA)  
音樂: If You're Going Through Hell (Before the Devil Even Knows) - Rodney Atkins



## TOE, HEEL, CROSS SHUFFLE, TOE, HEEL, CROSS SHUFFLE

- 1            Toe touch left in front of right
- 2            Heel touch left in front of right
- 3&4        Left over right shuffle (left-right-left) to right side
- 5            Toe touch right in front of left
- 6            Heel touch right in front of left
- 7&8        Right over left shuffle (right-left-right) to left side

## CROSS ROCK, RECOVER, SHUFFLE TURN, STEP, PIVOT TURN, SHUFFLE TURN

- 1            Rock step left over right
- 2            Recover right
- 3&4        Shuffle (left-right-left) turning  $\frac{1}{4}$  left
- 5            Step forward right
- 6            Pivot  $\frac{1}{2}$  turn left
- 7&8        Shuffle (right-left-right) turning  $\frac{1}{4}$  right

## SKATE STEP, TOUCH, SKATE STEP, TOUCH, SKATE STEP, TOUCH, SKATE STEP, TOUCH

- 1-2        Skate forward left, touch right toe behind left
- 3-4        Skate forward right, touch left toe behind right
- 5-6        Skate forward left, touch right toe behind left
- 7-8        Skate forward right, touch left toe beside right

## WALK, WALK, WALK, KICK, WALK BACK, WALK BACK, COASTER STEP

- 1-4        Step forward left, step forward right, step forward left, kick forward right
- 5-6        Step back right, step back left
- 7&8        Step back right, step left beside right, step forward right (coaster step)

## CROSS ROCK, RECOVER, SHUFFLE TURN, STEP, PIVOT TURN, SHUFFLE TURN

- 1            Rock step left over right
- 2            Recover right
- 3&4        Shuffle (left-right-left) turning  $\frac{1}{2}$  left
- 5            Step forward right
- 6            Pivot  $\frac{1}{2}$  turn left
- 7&8        Shuffle (right-left-right) turning  $\frac{1}{4}$  right

## WALK, WALK, WALK, KICK, WALK BACK, WALK BACK, COASTER STEP

- 1-4        Step forward left, step forward right, step forward left, kick forward right
- 5-6        Step back right, step back left
- 7&8        Step back right, step left beside right, step forward right (coaster step)

**REPEAT**