

Keep On Movin'

拍數: 56 牆數: 4 級數: Intermediate
編舞者: Kate O'Connor (UK)
音樂: Don't Stop Movin' - S Club 7



SYNCOPATED WEAVE & ROCK WITH ½ TURN HITCH

- 1 Step right to right side
- 2 Step left behind right
- &3 Step right to right side, cross left over right
- &4 Step right to right side, step left behind right
- 5 Rock out onto right foot
- 6 Rock back onto left taking a ½ turn to your left hitching your right knee slightly
- 7 Rock out onto right foot
- 8 Rock back onto left foot, hitching right knee slightly

SYNCOPATED WEAVE & ROCK WITH ½ TURN HITCH

- 9-16 Repeat steps 1-8

SIDE, TOGETHER, SIDE, TOGETHER, SIDE, CROSS ROCK, ¼ TURN SHUFFLE

- 1 Step right foot to right side
- 2 Slide left foot up to right
- 3&4 Step right foot to right side, step left foot next to right, step right foot to right side
- 5-6 Rock left foot across in front of right, replace weight back onto right foot
- 7&8 Step left foot to left side, step together with right, turn ¼ left stepping forward with left foot

For styling you can add arm movements to counts 1-2 by pointing your right arm up and out and your left arm down to the left

ROCK FORWARD, ½ SHUFFLE TURN, ROCK FORWARD, COASTER STEP

- 1-2 Rock forward onto right foot, rock back onto left
- 3&4 Take a ½ turn shuffle to your right, stepping right, left right
- 5-6 Rock forward onto left foot, rock back onto right foot
- 7&8 Step back onto left foot, step right foot next to left, step forward onto left foot

RIGHT & LEFT VAUDEVILLES (HEEL JACKS), HEEL JACK CROSS, UNWIND

- &1&2 Step right diagonally back, touch left heel out, step left to center, cross step right over left
- &3&4 Step left diagonally back, touch right heel out, step right to center, cross step left over right
- &5&6 Step right diagonally back, touch left heel out, step left to center, cross touch right over left
- 7-8 Unwind a ½ turn over left shoulder (weight ending up on left foot), clap hands

DIAGONAL HIP BUMPS FORWARD, BACK UP WITH ATTITUDE!

- 1&2 Step right foot diagonally forward and bump hips right, left, right
- 3&4 Step left foot diagonally forward and bump hips left, right, left
- &5&6 Skip back on left leg, slightly hitching right knee, step down on right foot, skip back on right, slightly hitching left knee, step down on left foot
- &7&8 Skip back on left leg, slightly hitching right knee, step down on right foot, skip back on right, slightly hitching left knee, step down on left foot

For added styling keep the body low and slightly forward

SHIMMY FORWARD AND BACK, ½ TURN WITH HITCH POINTS

- 1&2&3&4 Keeping right foot slightly forward, shimmy your shoulders forward & back
- &5&6&7&8 Turn ½ turn left hitching and pointing right foot x 4 as your turn (start with the hitch)

REPEAT

FINISH

To end the dance in a dramatic fashion you will hear the music change (no lyrics), and you will be facing the 4th wall. After steps 1-16 there is a 3 count beat where they sing the words "S Club beat".

- 1-2 Step forward right then left (shoulder width apart) lifting your right and left arms simultaneously with your feet
 - 3 Bring both arms back down crossing over your body and drop your head down to floor at the same time
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