

# Keep On Running

拍數: 40      牆數: 2      級數: Intermediate  
編舞者: Steve Mason (UK)  
音樂: Keep On Running - Waylander



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## WALK FORWARD LEFT, RIGHT, LEFT, SCUFF, SCOOT BACK, RIGHT SHUFFLE BACK, ½ LEFT TURNING SHUFFLE

- 1-4            Walk forward on left foot, right, then left, scuff right foot forward  
&5&6        Hitching right knee, scoot back on left foot, step right foot back, hitch left knee scoot back on right foot, step left back  
7&8           Shuffle backwards stepping right, left, right  
9&10         Shuffle left, right, left while making ½ turn left

## ROCK FORWARD, BACK, RIGHT COASTER, LEFT SHUFFLE, ROCK FORWARD, BACK

- 11-12        Rock step forward on right foot, rock back onto left foot  
13&14        Step back on right foot, step left foot back next to right foot, step right foot forward  
15&16        Shuffle forward stepping left, right, left  
17-18        Rock step forward on right foot, rock back on to left foot

## 1 ¼ ROLLING TURN BACK, SCUFF, CROSS ½ UNWIND, LEFT SHUFFLE, ROCK FORWARD & BACK

- 19-22        Make 1 ¼ turn backwards (to the right) stepping right, left, right, scuff left foot forward  
23-24        Cross left foot over right foot, unwind ½ turn to right  
25&26        Shuffle forward left, right, left  
27-28        Rock step forward on to right foot, rock back on to left foot

## MASHED POTATOES STEPS BACK, RIGHT BACK TRIPLE, ¼ LEFT TRIPLE STEPS, ½ RIGHT TRIPLE STEPS, ROCK BACK & FORWARD

- 29-32        Traveling backwards mashed potato steps right, left, right, left, (or knee pop slides)  
33&34        Triple steps back stepping right, left, right  
35&36        Make ¼ turn left as you triple step left, right, left  
&37&38       Pivot ½ turn left on ball of left foot into a right side triple step right, left, right  
39-40        Rock step back on left foot, rock forward on to right foot

**REPEAT**

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