

# Keep On Moving

**COPPER** **KNOB**  
BY STEPHEN BRETZ

拍數: 32      牆數: 2      級數: Beginner / Improver  
編舞者: Jon Levant (USA) & Gail Levant (USA) - June 2013  
音樂: Break My Stride - Matthew Wilder : (Album: VH1 100 Greatest One Hit Wonders of the Eighties)



Start after 32 counts and before vocals.

## Section 1: Walk, Walk, Shuffle FWD, Rock, Recover, Coaster Step

1-2      Walk FWD R foot, Walk FWD L foot  
3&4      Shuffle FWD R-L-R  
5-6      Rock FWD on L foot, Recover back onto R foot  
7&8      Step L foot back-Step R foot next to L foot-Step FWD on L foot

## Section 2: Pivot ½, Pivot ¼, Cross Rock, Shuffle Right

1-2      Step FWD on R foot, Pivot ½ turn left shifting weight to L foot (6:00)  
3-4      Step FWD on R foot, Pivot ¼ turn left shifting weight to L foot (3:00)  
5-6      Cross-Rock R foot over L foot, Recover onto L foot  
7&8      Shuffle to right side R-L-R (3:00)

## Section 3: Weave Right with Point, Weave Left with Point

1-4      Cross L foot over R foot, Step R foot to right side, Cross L foot behind L foot, Point R toes to right  
5-8      Cross R foot over L foot, Step L foot to left side, Cross R foot behind L foot, Point L toes to left

## Section 4: Cross, Point, Back ¼, Kick, Shuffle Back, Rock Back, Recover

1-2      Cross L foot over R foot, Point R toes to right  
3-4      Step R foot back ¼ turn right (6:00), Kick L foot FWD  
5&6      Shuffle back L-R-L  
7-8      Rock R foot back, Recover on L Foot (6:00)

Start over and have fun

Optional ending to end facing 12:00:

Music will be ending as you are finishing counts 3-4 of Section 4 facing 6:00.

After the kick on count 4 don't do the shuffle back.

Instead step the L foot FWD and do a ½ turn pivot turn right onto the R foot now facing 12:00 while raising arms to the sides and smiling.

Contact: [jonandgail@prodigy.net](mailto:jonandgail@prodigy.net)