

Keep It Groovin

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Robbie McGowan Hickie (UK) - March 2014
音樂: Physical (feat. Jennifer Lopez) - Enrique Iglesias : (CD: Sex and Love)



32 Count intro

Alternative: "Ayo" by Blue (120 bpm...64 Count intro) CD..."Roulette"

Side Step Right. Drag. & Right Cross Shuffle. Side Step Left. Right Sailor Step. Cross.

- 1 – 2 Long step Right to Right side. Drag Left towards Right. (Weight on Right)
- &3&4 Step Left beside Right. Cross step Right over Left. Step Left to Left side. Cross step Right over Left.
- 5 Long step Left to Left side.
- 6&7 Cross Right behind Left. Step Left to Left side. Step Right to Right side.
- 8 Cross step Left over Right.

Right Diagonal Kick-Ball-Cross. Right Side Rock. & 2 x Walks Forward. Forward Rock.

- 1&2 Kick Right Diagonally forward Right. Step Right beside Left. Cross step Left over Right.
- 3 – 4 Rock Right out to Right side. Recover weight on Left.
- &5 – 6 Step ball of Right beside Left. Walk forward on Left. Walk forward on Right.
- 7 – 8 Rock forward on Left. Rock back on Right.

Left Shuffle 1/2 Turn Left. Heel. Toe. Right Kick-Ball-Step Forward. Scuff with Hitch. Step Back.

- 1&2 Left shuffle making 1/2 turn Left stepping Left. Right. Left. (Facing 6 o'clock)
- 3 – 4 Touch Right heel forward. Touch Right toe back.
- 5&6 Kick Right forward. Step Right beside Left. Step forward on Left.
- 7 – 8 Scuff Right forward hitching up Right knee. Step back on Right.

Left Coaster Step. Right Shuffle Forward. 1/2 Turn Right. 1/4 Turn Right. Cross Rock.

- 1&2 Step back on Left. Step Right beside Left. Step forward on Left.
- 3&4 Right shuffle forward stepping Right. Left. Right.
- 5 – 6 Make 1/2 turn Right stepping back on Left. Make 1/4 turn Right stepping Right to Right side.
- 7 – 8 Cross rock Left over Right. Rock back on Right. (Facing 3 o'clock)

& Cross. Side. Anchor Rocks. 2 x Sweeps Back. Behind & Cross.

- &1 – 2 Step ball of Left to Left side. Cross step Right over Left. Step Left to Left side.
- 3&4 Step Right behind Left heel rocking back on Right. Rock forward on Left. Rock back on Right.
- 5 – 6 Sweep Left out and around stepping back on Left. Sweep Right out and around stepping back on Right.
- 7&8 Cross Left behind Right. Step Right to Right side. Cross step Left over Right.

Side Step Right. Left Diagonal Kick-Ball-Cross. Side Step Left. Back Rock. Right Shuffle 1/2 Turn Left.

- 1 Step Right to Right side.
- 2&3 Kick Left Diagonally forward Right. Step Left to Left side. Cross step Right over Left.
- 4 Step Left to Left side.
- 5 – 6 Rock back on Right. Rock forward on Left.
- 7&8 Right shuffle making 1/2 turn Left stepping Right. Left. Right. (Facing 9 o'clock)

Step Back. Drag. & Back Rock. 2 x 1/2 Turns Right. Left Shuffle Forward.

- 1 – 2 Long step back on Left. Drag Right toward Left. (Weight on Left)
- &3 – 4 Step Right beside Left. Rock back on Left. Rock forward on Right.
- 5 – 6 Make 1/2 turn Right stepping back on Left. Make 1/2 turn Right stepping forward on Right.

7&8 Left shuffle forward stepping Left. Right. Left. (Facing 9 o'clock)

Forward Rock. & Back Rock. Step. Pivot 1/2 Turn Right. Left Cross Shuffle.

1 – 2 Rock forward on Right. Rock back on Left.

&3 – 4 Step Right beside Left. Rock back on Left. Rock forward on Right.

5 – 6 Step forward on Left. Pivot 1/2 turn Right.

7&8 Cross step Left over Right. Step Right to Right side. Cross step Left over Right. (Facing 3 o'clock)

Start Again

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