

# Keep It Groovin'

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**Count:** 64

**Wall:** 4

**Level:** High Intermediate

**Choreographer:** Scott Blevins and Jo Thompson Szymanski (October 2016)

**Music:** Keep It Groovin' by Extreme Music - Album: Superfunk

## #16 count intro to start on lyrics

(1 Restart occurring after count 32& on rotation 3)

[1-8] SIDE, HOLD, BALL, ROCK, RECOVER, RIGHT SAILOR, BEHIND, SIDE, CROSS

1-21) Step R to right; 2) Hold - Optional arms: 1) Put hands out to sides palms down; 2) Hold hand position

&3-4&) Step L beside R; 3) Rock R to right; 4) Recover to L

5&65) Step ball of R behind L; &) Step ball of L to left; 6) Step R to right

7&87) Step L behind R; &) Step R to right; 8) Step L across R

[9-16] SIDE, TOUCH,  $\frac{1}{4}$  LEFT,  $\frac{1}{2}$  LEFT,  $\frac{1}{2}$  LEFT, PREP,  $\frac{1}{2}$  RIGHT,  $\frac{1}{2}$  RIGHT

1-21) Step R to right; 2) Touch L beside R

Optional arms: 1&) Circle R arm clockwise two small circles; 2) Snap fingers to R

3-43) Turn  $\frac{1}{4}$  left stepping L forward [9:00]; 4) Turn  $\frac{1}{2}$  left stepping R back [3:00]

5-65) Turn  $\frac{1}{2}$  left stepping L forward [9:00]; 6) Step R forward prepping for right turn

7-87) Turn  $\frac{1}{2}$  right stepping L back [3:00]; 8) Turn  $\frac{1}{2}$  right stepping R forward [9:00]

[17-24] STEP,  $\frac{1}{2}$  PIVOT, TRIPLE FORWARD,  $\frac{1}{2}$  LEFT HIP CIRCLE, HIP BUMP, STEP,  $\frac{1}{2}$  LEFT

1-21) Step L forward; 2) Turn  $\frac{1}{2}$  right taking weight on R [3:00]

3&43) Step L forward; &) Step ball of R to L heel; 4) Step L forward

55) Step R forward circling hips anti-clockwise from back to front as you make  $\frac{1}{2}$  turn left [9:00]

66) Touch L toe slightly forward bumping L hip forward

**7-87) Step down on L; 8) Turn ½ left stepping R back [3:00]**

**[25-32] L TOE STRUT BACK w/SWIM, R TOE STRUT BACK w/SWIM, ¼ RIGHT, SHAKE, ½ LEFT**

**1-21) Step L toe back; 2) Drop L heel taking weight on L (Swim R arm fwd over both counts)**

**3-43) Step R toe back; 4) Drop R heel taking weight on R (Swim L arm fwd over both counts)**

**5&5&) Turn ¼ right stepping L to left side feet in 2nd position, weight on both feet, shaking hips [6:00]**

**6&7&86&7&8) Relax knees and continue shaking hips making sure you are ready to make a ½ turn left on L**

**&&) Turn ½ left on L [12:00]**

**RESTART after this ½ turn on rotation 3 facing the original 6 o'clock wall.**

**[33-40] CROSS, HOLD, CROSS, HOLD, SIDE ROCK, RECOVER, FWD ANGLE, HOLD**

**1-21) Step R forward and across L; 2) Hold**

**3-43) Step L forward and across R; 4) Hold**

**5-65) Rock R to right; 6) Recover to L**

**7-87) Step R fwd and across L toward 11 o'clock; 8) Hold [11:00]**

**[41-48] ROCK, RECOVER, BACK, ½ RIGHT, WALK AROUND**

**1-21) Rock L forward on a diagonal toward 11 o'clock; 2) Recover to R**

**3-43) Step L back; 4) Turn ½ right stepping R forward [5:00]**

**5,6,7,85,6,7,8) Walk around clockwise L-R-L-R ending on a diagonal at 1 o'clock [1:00]**

**[49-56] TRIPLE FORWARD, STEP, ½ PIVOT, TRIPLE FORWARD, STEP, 5/8 PIVOT**

**1&21) Step L forward; &) Step ball of R to L heel; 2) Step L forward**

**3-43) Step R forward; 4) Turn ½ left taking weight on L [7:00]**

**5&65) Step R forward; &) Step ball of L to R heel; 6) Step R forward**

**7-87) Step L forward; 8) Turn 5/8 right taking weight on R [3:00]**

**[57-64] TRIPLE FORWARD, ANGLE ROCK, RECOVER, CROSS, BACK, SIDE, CROSS**

**1&21) Step L forward; &) Step ball of R to L heel; 2) Step L forward**

**3-43) Angle body to face 1 o'clock as you rock R toward 5 o'clock bending knees and swinging hips to right; 4) Swing hips left as you recover to L [1:00]**

**5-65) Step R across L; 6) Step L back**

**7-87) Step R to right squaring up to 3 o'clock; 8) Step L across R [3:00]**

**Ending: Your final rotation will start facing the original 6 o'clock wall. You will dance through count 26 as written above.**

**On count 27 you will turn  $\frac{1}{4}$  right stepping R to right side to face the original 12 o'clock wall, on count 28 you will bring R hand down to right side as you snap your fingers and look down toward R foot.**

**Enjoy!**

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