

Keep On Movin

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Count: 72

Wall: 4

Level: Phrased Improver

Choreographer: Raymond Sarlemijn & Roy Verdonk - June 2018

Music: Keep On Movin - Five

Sequence A,A,B,C, A,A,B,C, A,B,B,B, B

Part A, 32 counts

A1: V step, jazz box, ½ turn right

1RF step diagonal right

2lf step diagonal left

3rf step back

4lf close rf

5rf cross over lf

6lf step back

7¼ turn right, rf step right

8lf step forward

A2: Step lock step right, step lock step left.

1rf step diagonal right

2lf lock behind rf

3rf step diagonal forward

4lf touch rf

5lf step diagonal left

6rf lock behind lf

7lf step diagonal forward

8rf brush

A3: Cross, back, tripple right, cross, back, tripple left

1rf cross over lf

2lf step back

3&4triple right, rf,lf,rf

5lf cross over rf

6rf step back

7&8triple left, lf,rf,lf

A4: Rock step forward, coaster step, rock step, coaster step

1rf rock forward

2recover lf

3rf step back

&lf close rf

4rf step forward

5lf rock forward

6recover rf

7lf step back

&rf close lf

8lf step forward

End part A

Part B, 32 counts

B1: whisk right, whisk left, vinger snaps 2 x

1rf right

&lf close rf

2rf on spot, while doing this make a circle with rh

3lf left

&rf close lf

4lf on spot

5rf right, snap rh down

6lf on spot

7snap rh right down

8split weighted

B2: Look right and point, look left and point

1 - 4look right and point with rh

5 - 8look left and point with lf

B3: Close legs, hold, arm movement, hip swing

1rf close lf, put both arms up

2hold

3cross both arms up each other

4hold

5bith dumbs up, swing hip left

6swing hips right

7swing hips left

8swing hips right

&swing hips left

B4: Rock forward, rock back, jazz box, $\frac{1}{4}$ turn right

1rf forward

2recover weight lf

3rf back

4recover weight lf

5rf cross over lf

6lf step back

7 $\frac{1}{4}$ turn right, rf right

8lf forward

End part B

Part C,

C1: step, touch 4 x k step

1rf step diagonal right

2lf touch rf

3lf step diagonal forward

4rf touch lf

5rf step diagonal back

6lf touch rf

7lf step diagonal backwards

8rf touch lf

End part c