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| Keep It Groovin' |  |

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| **Count:** | 64 | **Wall:** | 4 | **Level:** | High Intermediate | . |
| **Choreographer:** | Scott Blevins (USA) & Jo Thompson Szymanski (USA) - October 2016 |
| **Music:** | Keep It Groovin' - 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**

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

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

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

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

**[9-16] SIDE, TOUCH, ¼ LEFT, ½ LEFT, ½ LEFT, PREP, ½ RIGHT, ½ RIGHT**

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

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

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| 3-4 | 3) Turn ¼ left stepping L forward [9:00]; 4) Turn ½ left stepping R back [3:00] |

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| 5-6 | 5) Turn ½ left stepping L forward [9:00]; 6) Step R forward prepping for right turn |

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| 7-8 | 7) Turn ½ right stepping L back [3:00]; 8) Turn ½ right stepping R forward [9:00] |

**[17-24] STEP, ½ PIVOT, TRIPLE FORWARD, ½ LEFT HIP CIRCLE, HIP BUMP, STEP, ½ LEFT**

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| 1-2 | 1) Step L forward; 2) Turn ½ right taking weight on R [3:00] |

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

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| 5 | 5) Step R forward circling hips anti-clockwise from back to front as you make ½ turn left [9:00] |

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| 6 | 6) Touch L toe slightly forward bumping L hip forward |

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| 7-8 | 7) 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**

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

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

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

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

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| & | &) 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**

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

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

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| 5-6 | 5) Rock R to right; 6) Recover to L |

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

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

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| 1-2 | 1) Rock L forward on a diagonal toward 11 o’clock; 2) Recover to R |

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

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| 5,6,7,8 | 5,6,7,8) 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&2 | 1) Step L forward; &) Step ball of R to L heel; 2) Step L forward |

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

|  |  |
| --- | --- |
| 5&6 | 5) Step R forward; &) Step ball of L to R heel; 6) Step R forward |

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| --- | --- |
| 7-8 | 7) 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&2 | 1) Step L forward; &) Step ball of R to L heel; 2) Step L forward |

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| 3-4 | 3) 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] |

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| 5-6 | 5) Step R across L; 6) Step L back |

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| 7-8 | 7) 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 ¼ 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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