

# Keep On Movin

Count: 72

Wall: 4

Level: Phrased Improver

Choreographer: Raymond Sarlemijn (NL) & Roy Verdonk (NL) - 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

- 1 RF step diagonal right
- 2 lf step diagonal left
- 3 rf step back
- 4 lf close rf
- 5 rf cross over lf
- 6 lf step back
- 7 ¼ turn right, rf step right
- 8 lf step forward

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

- 1 rf step diagonal right
- 2 lf lock behind rf
- 3 rf step diagonal forward
- 4 lf touch rf
- 5 lf step diagonal left
- 6 rf lock behind lf
- 7 lf step diagonal forward
- 8 rf brush

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

- 1 rf cross over lf
- 2 lf step back
- 3&4 triple right, rf,lf,rf
- 5 lf cross over rf
- 6 rf step back
- 7&8 triple left, lf,rf,lf

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

- 1 rf rock forward
- 2 recover lf
- 3 rf step back
- & lf close rf
- 4 rf step forward
- 5 lf rock forward
- 6 recover rf
- 7 lf step back
- & rf close lf
- 8 lf step forward

End part A

## Part B, 32 counts

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

- 1 rf right

& lf close rf  
2 rf on spot, while doing this make a circle with rh  
3 lf left  
& rf close lf  
4 lf on spot  
5 rf right, snap rh down  
6 lf on spot  
7 snap rh right down  
8 split weighted

**B2: Look right and point, look left and point**

1 - 4 look right and point with rh  
5 - 8 look left and point with lf

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

1 rf close lf, put both arms up  
2 hold  
3 cross both arms up each other  
4 hold  
5 bith dumbs up, swing hip left  
6 swing hips right  
7 swing hips left  
8 swing hips right  
& swing hips left

**B4: Rock forward, rock back, jazz box, ¼ turn right**

1 rf forward  
2 recover weight lf  
3 rf back  
4 recover weight lf  
5 rf cross over lf  
6 lf step back  
7 ¼ turn right, rf right  
8 lf forward

**End part B**

**Part C,**

**C1: step, touch 4 x k step**

1 rf step diagonal righ  
2 lf touch rf  
3 lf step diagonal forward  
4 rf touch lf  
5 rf step diagonal back  
6 lf touch rf  
7 lf step diagonal backwards  
8 rf touch lf

**End part c**

---