

Keep It In

Count: 32

Wall: 4

Level: Improver

Choreographer: Phil Austin (UK) & Jacob Shrimpton (UK)

Music: You Keep It All In - The Beautiful South



½ TURN, ½ TURN STEP, CLAP, COASTER STEP, JUMP, JUMP ¼ TURN (OR) ¼ TURN STEP, STEP

- 1-2 Step forward right, pivot ½ turn over left shoulder
- 3-4 Pivot ½ turn on left foot over left shoulder and step back on right, clap hands
- 5&6 Step back left, step right to left, step left forward
- 7-8 Jump feet together to the right, jump feet together ¼ turn right (or) step right ½ turn to right, step forward left

ROCK, RECOVER, SHUFFLE ¼ TURN, WEAWE, SWEEP

- 1-2 Rock forward onto right, recover weight onto left
- 3&4 Make ¼ turn over right shoulder stepping right, left, right
- 5-6 Cross left over right, step right to side
- 7-8 Cross left behind right, sweep right behind left, don't put weight on right

BEHIND, POINT, POINT, POINT, STEP, STEP (MINI JUMP), CLAP, HIP ROLL

- 1-2 Step right behind left, point left to side
- &3&4 Step left to right, point right to side, step right to left, point left to side
- &5-6 Step forward left, step forward right, clap hands
- 7-8 Circle hips to the right

CROSS ¼ TURN TOE DROP, ½ TOE DROP, CROSS, POINT, CROSS, CLAP

- 1-2 Cross right toe over left making a ¼ turn over left shoulder, drop heel
- 3-4 Pivot ½ turn over left shoulder on right foot pointing left toe forward, drop heel
- 5-6 Cross right over left, point left to side
- 7-8 Cross left over right, clap hands

REPEAT
