

Keep On Going

COPPER **NOB**
BY THE POST

Count: 32

Wall: 4

Level: Beginner / Intermediate

Choreographer: Sara Gitsham & Kerry Kick

Music: If You're Going Through Hell - Rodney Atkins



PUSH AND FRONT, FORWARD TURN STEP, LEFT TRIPLE, ROCK STEP

- 1&2 Push/step left to left side, step right in place, step left forward
3&4 Step right forward, ½ turn to left (weight on left), step forward right
5&6 Step left forward, step right together, step left forward
7-8 Step right forward, rock back onto left

¼ TURN TRIPLE, CROSS POINT, CROSS, SIDE, TURN RIGHT LEFT

- 1&2 Hook right behind left with ¼ turn to right, step left in place, step right in place
3-4 Cross left over right, point right to right side
5-6 Cross right over left, step left to left side
7-8 Whole turn to right over right shoulder (back) while stepping right left

ROCK STEP, TRIPLE STEP, COASTER STEP, FORWARD TURN

- 1-2 Cross rock right behind left, step left in place
3&4 Step right to right side, step left together, step right to right side
5&6 Step left back, step right next to left, step left forward
7-8 Step forward right, ½ turn to left (weight ends on left)

WALK WALK, PUSH AND CROSS, QUICK VINE, STEP TOUCH

- 1-2 Walk forward right, walk forward left
3&4 Push/step right to right side, step left in place, cross right over left
5&6 Step left to left side, cross right behind left, step left to left side
7-8 Step forward right, touch left next to right

REPEAT
