

Keep It Movin'

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Julia Wetzel (USA) - March 2016

Music: Keep It Movin' (feat. Serayah & Yazz) - Empire Cast : (Album: Empire, Original Soundtrack from Season 1)



Intro: 32 counts (approx. 17 seconds into track, start on lyrics "Body")

Note: Start this dance slightly towards the back (i.e. take 2 steps back). There's a restart in Wall 4 that will move the dance forward.

[1 – 8] □ Step, ½ Sweep, Behind, Side, Cross Shuffle, Hold, Side, Behind, ¼

1 - 2 Step R fw (1), ½ Turn right step L back sweep R from front to back (2) □ 6:00

3&4&5 Step R behind L (3), Step L to left side (&), Cross R over L (4), Step L to left side (&), Cross R over L (5) □ 6:00

6&7, 8 Hold (6), Step L to left side (&), Step R behind L (7), ¼ Turn left step L fw (8) □ 3:00

[9 – 16] □ Rock, Recover, Together, Step, Scuff, Out, Out, Hold, In, In, Kick □

1, 2&3 Rock R fw (1), Recover on L (2), Step R next to L (&), Step L fw (3) □ 3:00

4&5 Scuff R next to L (4), Step R out to right side (&), Step L out to left side (5) □ 3:00

6&7, 8 Hold (6), Step R to center (&), Step L next to R bend both knees (7), Rise up on L and kick R fw (8) □ 3:00

*Restart here on Wall 4 facing 12:00 □

[17 – 24] □ Back, Lock, Back, Lock, Back, Full Turn, ¼ Shuffle □

1, 2, 3&4 Step R back (1), Lock L over R (2), Step R back (3), Lock L over R (&), Step R back (4) □ 3:00

5, 6, 7&8 ½ Turn left step L fw (5), ½ Turn left step R back (6), ¼ Turn left step L to left side (7), Step R next to L (&), Step L to left side (8)

Easy Option: ¼ Turn left step L to left side (5), Cross R over L (6), Step L to left side (7), Step R next to L (&), Step L to left side (8) □ 12:00

[25 – 32] □ Cross, Side, ½ Back, Behind, ½ Side, Step, Hip Bumps (R & L) □

1&2 Cross R over L (1), Step L to left side (&), ½ Turn right step R back (2) □ 1:30

3&4 Step L behind R (3), ½ Turn right step R to right side (&), Step L fw (4) □ 3:00

5&6 Step ball of R fw and bump hip right (5), Bump hip left (&), Step R heel down and bump hip right (6) □ 3:00

7&8 Step ball of L fw and bump hip left (7), Bump hip right (&), Step L heel down and bump hip left (8) □ 3:00

Restart: □ On Wall 4, dance up to Count 16 (Rise up on L and kick R fw facing 12:00), then start Wall 5 facing 12:00. Note: Do a low kick for Count 16 for a smooth transition to Wall 5 □

Ending: □ On Wall 11, dance up to Count 15 (Step L next to R bending both knees facing 9:00), then rise up and make ¼ turn right on L swinging R from front to back (8), Step R behind L facing 12:00 (1). □

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