

# Keep It Moving

**COPPER KNOB**  
STEPPERS

拍数: 64      墙数: 4  
编舞者: Scott Schrank (USA)  
音乐: Get It Together - Seal

级数: Intermediate / Advanced



## SKATE, SKATE, STEP TOGETHER STEP, SKATE, SKATE, STEP TOGETHER STEP

- 1-2      Right skater step, left skater step (move slightly forward)
- 3&4      Step right to right, step left next to right, step right to right
- 5-6      Left skater step, right skater step (move slightly forward)
- 7&8      Step left to left, step right next to left, step left to left

## FULL TURN RIGHT, TAPS, KICK BALL CROSS, STEP BALL CROSS

- 9-10      Starting on right, make full turn to right, (spin on the left foot) (right-left)
- 11&12      Leaning to the right, tap right toe three times (weight is now on the right foot)
- 13&14      Kick left foot across right, left back next to right, cross right over left
- 15&16      Step left to left, step right slightly behind left, cross left over right

## LUNGE, PUSH, SYNCOPATED GRAPEVINE LEFT, ROCK RECOVER, 1 ¼ TURN RIGHT

- 17-18      Step out to the right while leaning to the right, change weight to left and push and point right to right
- 19&20      Step right behind left, step left to left, step right across left
- 21-22      Rock left to left, step out ¼ turn to the right
- 23&24      Make full turn to the right (3:00) left-right-left

## ROCK, RECOVER, COASTER STEP, PIVOT RIGHT, SYNCOPATED WEAVE LEFT

- 25-26      Rock forward right, recover left
- 27&28      Step back right, step back left to right, step forward right
- 29-30      Step forward left, pivot ½ turn right leaving weight on right
- 31&32&      Step left foot left, step right behind left, step left to left, step right over left

## LOOK LEFT, HOLD, GRAPEVINE LEFT, ROCK, RECOVER, GRAPEVINE RIGHT

- 33-34      Step left to left, hold (exaggerate look to left)
- 35&36      Step right behind left, step left to left, step right over left
- 37-38      Rock left to left and slightly forward, recover to right
- 39&40      Step left behind right, step right to right, step left over right

## LOOK RIGHT, HOLD, GRAPEVINE RIGHT, ROCK RECOVER, GRAPEVINE LEFT

- 41-42      Step right to right, hold (exaggerate look to right)
- 43&44      Step left behind right, step right to right, step left over right
- 45-46      Rock right to right and slightly forward, recover to left
- 47&48      Step right behind left, step left to left, step right slightly forward

## ROCK RECOVER, ½ TURN TRIPLE STEP, POINT, HOLD, POINT, HOME TAP

- 49-50      Rock forward left, recover right
- 51&52      Step left-right-left while making half turn left
- 53-54      Point right toe right, hold
- 55&56      Bring right foot home, point left toe left, bring left foot home, tap right toe next to left foot

## WALK, WALK, MAMBO STEP, BACK, BACK COASTER STEP

- 57-58      Walk forward right, walk forward left
- 59&60      Rock forward right, recovery weight to left, step right foot next to left (right-left-right)

61-62                Step back left, step back right  
63&64              Step left foot back left, step right foot next to left, step left foot forward

**REPEAT**

**RESTART**

**After 1st wall only**

1-12                Repeat first 12 counts of dance  
13-14              Step left to left, hold  
15&16              Body roll or hold

**RESTART**

**After 3rd wall only**

1-54                Repeat first 54 counts of dance (on count 53, point the index finger of both hands forward)  
55-56              Slowly bring the right foot next to left while lowering both arms

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