

# Keep On Running

**COPPER KNOB**  
STEPSHEETS

拍數: 40      牆數: 2      級數: Intermediate  
編舞者: Steve Mason (UK)  
音樂: Keep On Running - Waylander



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## WALK FORWARD LEFT, RIGHT, LEFT, SCUFF, SCOOT BACK, RIGHT SHUFFLE BACK, ½ LEFT TURNING SHUFFLE

- 1-4              Walk forward on left foot, right, then left, scuff right foot forward
- &5&6           Hitching right knee, scoot back on left foot, step right foot back, hitch left knee scoot back on right foot, step left back
- 7&8              Shuffle backwards stepping right, left, right
- 9&10             Shuffle left, right, left while making ½ turn left

## ROCK FORWARD, BACK, RIGHT COASTER, LEFT SHUFFLE, ROCK FORWARD, BACK

- 11-12            Rock step forward on right foot, rock back onto left foot
- 13&14           Step back on right foot, step left foot back next to right foot, step right foot forward
- 15&16           Shuffle forward stepping left, right, left
- 17-18            Rock step forward on right foot, rock back on to left foot

## 1 ¼ ROLLING TURN BACK, SCUFF, CROSS ½ UNWIND, LEFT SHUFFLE, ROCK FORWARD & BACK

- 19-22            Make 1 ¼ turn backwards (to the right) stepping right, left, right, scuff left foot forward
- 23-24            Cross left foot over right foot, unwind ½ turn to right
- 25&26           Shuffle forward left, right, left
- 27-28            Rock step forward on to right foot, rock back on to left foot

## MASHED POTATOES STEPS BACK, RIGHT BACK TRIPLE, ¼ LEFT TRIPLE STEPS, ½ RIGHT TRIPLE STEPS, ROCK BACK & FORWARD

- 29-32            Traveling backwards mashed potato steps right, left, right, left, (or knee pop slides)
- 33&34            Triple steps back stepping right, left, right
- 35&36            Make ¼ turn left as you triple step left, right, left
- &37&38           Pivot ½ turn left on ball of left foot into a right side triple step right, left, right
- 39-40            Rock step back on left foot, rock forward on to right foot

**REPEAT**

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