

Keep Running Circles

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Count: 48

Wall: 2

Level: Easy Intermediate Rolling 8

Choreographer: José Miguel Belloque Vane (NL) & Sebastiaan Holtland (NL) - February 2021

Music: - Wyn Starks : (Single: 2019)

One easy Tag of 4 counts and one Restart at 12.00.

Introduction slow 16 counts, start approx. 08 sec.

Part 1. [1-8] Side Rock R 1/4 Turn L, R Back 3/4 Turn L with Sweep L, Syncopated Sailor L, Back R with Sweep L, Behind with Sweep R, Cross Rock R.

1,2 Rock Rf to R (1), Make 1/4 turn L (9.00) recover back onto Lf. (2).

3 Turning 3/4 L (12.00) and sweep Lf from front to back (3).

4&5 Step Lf behind Rf (4), Step Rf to R (&), Step Lf to L (a), Step Rf back and sweep Lf from front to back (5).

6,8 Step Lf behind Rf and sweep Rf from front to back (6), Rock Rf behind Lf (7), Recover back onto Lf (8).

Part 2 [9-16] Fwd R 1/8 Turn L, Fwd Rock L, L Recover with Hitch R 1/8 L, Step R Across, L Back, Twinkles Back R, L, Back Rock L.

&1,2 Make 1/8 turn L (10.30) stepping Rf fwd (&), Rock Lf fwd (1), Recover back onto Rf (2).

3,4 Make 1/8 turn L (9.00) and hitch R knee up (3), Step Rf across Lf (4).

5&a Step Lf slightly back (5), Twinkle R (&a).

6&a Twinkle L (6&a).

7,8 Rock Lf back (7), Recover back onto Rf (8).

Part 3 [17-24] Fwd L with Sweep R, Syncopated Weave L with Sweep L, Behind, R Side 1/4 Turn R, Cross Rock L, L Side, Cross Rock R.

1 Step Lf fwd and sweep R from back to front (1).

2&3 Step Rf across Lf (2), Step Lf to L (&), Step Rf behind Lf and sweep Lf from front to back (3).

4&5 Step Lf behind Rf (4), Make 1/4 turn R (12.00) step Rf to R (&).

5,6a Cross Rock Lf fwd (5), Recover back onto Lf (6), Step Lf to L (a).

7,8 Cross Rock Rf fwd (7), Recover back onto Lf (8).

(NB: Restart here in wall 3 after 24 counts, after start again (facing 12 o'clock).

Part 4 [25-32] Slides In A Box 1/2 Turn R, Fwd L, Coaster Step R, Fwd L, Side Rock R, Cross Rock R.

1,4 Make 1/4 turn R slide step Rf fwd (1), Make 1/4 R slide step Lf back (2), Step Rf slide to R (3), Step Lf fwd (4).

5&a6&aStep Rf back (5), Step Lf beside Rf (&), Step Rf fwd (a), Step Lf fwd (6), Rock Rf to R (&), Recover back onto Lf (a).

(NB: Tag here in Wall 2 after 30 counts, after start again (facing 12 o'clock).

7,8 Cross Rock Rf fwd (7), Recover back onto Lf (8).

Part 5 [33-40] R Side, Syncopated Weave R, Side Rock R, Together, Fwd Rock L 1/4 Turn L, Walks Fwd L, R.

1,2&aStep Rf to R (1), Step Lf behind Rf (2), Step Rf to R (&), Step Lf across Rf (a).

3,4 Rock Rf to R (3), Recover back onto Lf (4).

&5,6 Step Rf beside Lf (&), Make 1/4 turn L (3.00) rock Lf fwd (5), Recover back onto Rf (6).

7,8 Walk Lf fwd (7), Walk Rf fwd (8).

Part 6 [41-48] L Side, Syncopated Weave L, Side Rock L, Together, Fwd Rock L 1/4 Turn R, Walks Fwd R, L.

1,2&aStep Lf to L (1), Step Rf behind Lf (2), Step Lf to L (&), Step Rf across Lf (a).

3,4 Rock Lf to L (3), Recover back onto Rf (4).

&5,6 Step Lf beside Rf (&), Make 1/4 turn R (6.00) rock Rf fwd (5), Recover back onto Lf (6).

7,8 Walk Rf fwd (7), Walk Lf fwd (8).

TAG: [1-4] R Fwd (Arm Movements Side R, L with Hands), Fwd L, R Stomp Together.

1,2 Step Rf fwd and bring R hand to front out to R (fingers Spread) (1), Bring L hand to front out to R (fingers Spread) (2).

3,4 Step Lf fwd (3), Stomp Rf together Lf holding weight onto Lf (4).

REPEAT THE DANCE AND HAVE FUN!!

Last Update - 8 March 2021

