

Just Keep Swimming

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Count: 112 **Wall:** 1 **Level:** Phrased Advanced

Choreographer: Kirsten Matthiessen - June 2016

Music: 'Make My Love Go' by Jay Sean feat. Sean Paul

Intro: 16 counts (app. 9 seconds into track)

Phrasing: A B A B A* B

On the third A, repeat the last 16 counts (without turning the first ¼ L)

Note:

A always starts facing 12 o'clock

B always starts facing 9 o'clock

A section - 48 counts

[1-8] Side rock, Behind ¼ R fw, Point touch step, Behind ¼ L fw, Lock step fw

1-2 Rock L to L side, recover onto R 12:00

(Styling: add a shoulder pop to the L on &2)

3& Cross L behind R, turn ¼ R stepping R fw 03:00

4&5 Point L to L side, touch L next to R, step L to L side 03:00

6& Cross R behind L, turn ¼ L stepping L fw 12:00

7&8 Step R fw, lock L behind R, step R fw 12:00

[9-16] Step lock, Unwind full turn R, Side rock cross behind hitch x2, ¼ L walk walk

&1-2 Step L fw, lock R behind L, unwind full turn R (weight ending on R) 12:00

3&4 Rock L to L side, recover onto R, cross L behind R hitching R 12:00

5&6 Rock R to R side, recover onto L, cross R behind L hitching L 12:00

7-8 Turn ¼ L stepping L fw, step R fw 09:00

[17-24] Rocking chair, Cross samba, Cross ¼ R, Shuffle ½ R sweep

1&2& Rock L fw, recover onto R, rock L back, recover onto R 09:00

3&4 Cross L over R, rock R to R side, recover onto L 09:00

- 5-6 Cross R over L, turn $\frac{1}{4}$ R stepping L back 12:00
- 7&8 Turn $\frac{1}{4}$ R stepping R to R side, step L next to R, turn $\frac{1}{4}$ R stepping R fw sweeping L CW 06:00

[25-32] Cross back back x2, Batucadas, Mambo $\frac{1}{2}$ L

- 1-2& Cross L over R, step R back, step L back (slightly diagonally) 06:00
- 3-4& Cross R over L, step L back, step R back 06:00
- 5&6& Touch/press L fw rolling hips CCW, step L back, touch/press R fw rolling hips CW, step R back 06:00
- 7&8 Rock L forward, recover onto R, turn $\frac{1}{2}$ L stepping L fw 12:00

[33-40] $\frac{1}{4}$ L, Side back rock x2, Rock step $\frac{1}{2}$ R, Kick step lock step

- 1-2& Turn $\frac{1}{4}$ L stepping R to R side, rock L back, recover onto R 09:00
- 3-4& Step L to L side, rock R back, recover onto L 09:00
- 5-6& Rock/press R fw, recover onto L, turn $\frac{1}{2}$ R stepping R fw 03:00
- 7&8& Kick L fw, step L fw, lock R behind L, step L fw 03:00

[41-48] Press step x2, $\frac{1}{4}$ L paddle turn hip rolls x2

- 1-2& Press R fw, recover onto L, step R next to L 03:00
- 3-4& Press L fw, recover onto R, step L next to R 03:00
- 5-6-7-8 Step R fw, turn $\frac{1}{4}$ L rolling hips CCW transferring weight onto L, step R fw, turn $\frac{1}{4}$ L rolling hips CCW transferring weight onto L 09:00

On the 3rd A:

Repeat the last 16 counts without turning the first $\frac{1}{4}$ L, just step R to R side.

You'll still be facing the directions indicated above

B section - 64 counts

[1-8] Cross $\frac{1}{4}$ R back, Lock step back, Sailor x2

- 1-2 Cross R over L, turn $\frac{1}{4}$ R stepping L back 12:00
- 3&4 Step R back, lock L in front of R, , step R back sweeping L CCW 12:00
- 5&6 Cross L behind R, step R to R side, step L to L side 12:00
- 7&8 Cross R behind L, step L to L side, step R to R side 12:00

[9-16] Behind ¼ R, Lock step fw, Step turn step, Full turn

- 1-2 Cross L behind R, turn ¼ R stepping R fw 03:00
3&4 Step L fw, lock R behind L, step L fw 03:00
5&6 Step R fw, turn ½ L stepping onto L, step R fw 09:00
7-8 Turn ½ R stepping L back, turn ½ R stepping R fw 09:00

[17-24] Mambo fw, Coaster step, Point x2, Triple ¾ R

- 1&2 Rock L fw, recover onto R, step L back 09:00
3&4 Step R back, step L next to R, step R fw 09:00
5&6 Point L to L side, step L next to R, point R to R side 09:00
7&8 Turn ¾ R stepping R, L, R in place sweeping L CW on the last step 06:00

[25-32] Cross ¼ L, Chasse, Cross ¼ R, Triple full turn, Collect

- 1-2 Cross L over R, turn ¼ L stepping R back 03:00
3&4 Step L to L side, step R next to L, step L to L side 03:00
5-6 Cross R over L, turn ¼ R stepping L back 06:00
7&8& Turn 1/1 R stepping R, L, R in place, step L next to R 06:00

[33-40] Heel switches, Vaudeville, Cross side, Hitch ½ L, Side together, ¼ L together

- 1&2& Place R heel fw, step R next to L, place L heel fw, step L next to R 06:00
3&4& Cross R over L, step L to L side, place R heel diagonally fw, step R next to L 06:00
5&6 Cross L over R, step R to R side, turn ½ L hitching L 12:00
&7&8 Step L to L side, step R next to L, turn ¼ L stepping L fw, step R next to L 09:00

(Styling: bend your knees and pop them out on the & counts)

[40-48] Back hitch ball step sweep x2, Sailor ¼ L cross, Paddle turn 1/8 x2

- 1&2 Step L back hitching R, step R next L, step L back sweeping R CW 09:00
3&4 Step R back hitching L, step L next to R, step R back sweeping L CCW 09:00
5&6 Cross L behind R, turn ¼ L stepping R small step to R side, cross L slightly over R 06:00
&7&8 Step R to R side, turn 1/8 L transferring weight onto L, step R to R side, turn 1/8 L transferring weight onto L 03:00

(Styling: bend your knees and pop them out on the & counts)

[49-56] Repeat section 5

Heel switches, Vaudeville, Cross side, Hitch ½ L, Side together, ¼ L together

- 1&2&** Place R heel fw, step R next to L, place L heel fw, step L next to R 03:00
- 3&4&** Cross R over L, step L to L side, place R heel diagonally fw, step R next to L 03:00
- 5&6** Cross L over R, step R to R side, turn ½ L hitching L 09:00
- &7&8** Step L to L side, step R next to L, turn ¼ L stepping L fw, step R next to L 06:00

(Styling: bend your knees and pop them out on the & counts)

[57-64] Repeat section 6, adding a collect

Back hitch ball step sweep x2, Sailor ¼ L cross, Paddle turn 1/8 x2, Collect

- 1&2** Step L back hitching R, step R next L, step L back sweeping R CW 06:00
- 3&4** Step R back hitching L, step L next to R, step R back sweeping L CCW 06:00
- 5&6** Cross L behind R, turn ¼ L stepping R small step to R side, cross L over R 03:00
- &7&8&** Step R to R side, turn 1/8 L transferring weight onto L, step R to R side, turn 1/8 L transferring weight onto L, step R next to L 12:00

(Styling: bend your knees and pop them out on the & counts of the paddle turns)

Hope you enjoy

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