

Keep On Moving

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Count: 32 **Wall:** 2 **Level:** Beginner / Improver

Choreographer: Jon & Gail Levant, (June, 2013)

Music: Break My Stride by Matthew Wilder. Album: VH1 100 Greatest One Hit Wonders of the Eighties

Start after 32 counts and before vocals.

Section 1: Walk, Walk, Shuffle FWD, Rock, Recover, Coaster Step

- 1-2** Walk FWD R foot, Walk FWD L foot
- 3&4** Shuffle FWD R-L-R
- 5-6** Rock FWD on L foot, Recover back onto R foot
- 7&8** Step L foot back-Step R foot next to L foot-Step FWD on L foot

Section 2: Pivot $\frac{1}{2}$, Pivot $\frac{1}{4}$, Cross Rock, Shuffle Right

- 1-2** Step FWD on R foot, Pivot $\frac{1}{2}$ turn left shifting weight to L foot (6:00)
- 3-4** Step FWD on R foot, Pivot $\frac{1}{4}$ turn left shifting weight to L foot (3:00)
- 5-6** Cross-Rock R foot over L foot, Recover onto L foot
- 7&8** Shuffle to right side R-L-R (3:00)

Section 3: Weave Right with Point, Weave Left with Point

- 1-4** Cross L foot over R foot, Step R foot to right side, Cross L foot behind L foot, Point R toes to right
- 5-8** Cross R foot over L foot, Step L foot to left side, Cross R foot behind L foot, Point L toes to left

Section 4: Cross, Point, Back $\frac{1}{4}$, Kick, Shuffle Back, Rock Back, Recover

- 1-2** Cross L foot over R foot, Point R toes to right
- 3-4** Step R foot back $\frac{1}{4}$ turn right (6:00), Kick L foot FWD
- 5&6** Shuffle back L-R-L
- 7-8** Rock R foot back, Recover on L Foot (6:00)

Start over and have fun

Optional ending to end facing 12:00:

Music will be ending as you are finishing counts 3-4 of Section 4 facing 6:00.

After the kick on count 4 don't do the shuffle back.

Instead step the L foot FWD and do a ½ turn pivot turn right onto the R foot now facing 12:00 while raising arms to the sides and smiling.

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