

Keep On

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Count: 64

Wall: 2

Level: Improver / Easy Intermediate

Choreographer: Nat (Natalie Davids) May 2014

Music: Keep On by Blackbyrd (iTunes - 154 bpm)

Intro: 16 counts - start on vocals (1 tag)

SECTION 1: [1 to 8] WALK, HOLD X 2., FWD MAMBO, HOLD

- 1 2 3 4** Step RF fwd, hold. Step LF fwd, hold.
5 6 Rock RF fwd, recover weight on to LF
7 8 Step RF back, hold.

SECTION 2: [9 to 16] WALK BACK, HOLD X 2. COASTER CROSS.

- 1 2 3 4** Step LF back, hold. Step RF back, hold.
3 4 5 6 Step LF back, step RF next to LF, cross LF over RF.

SECTION 3: [17 to 24] SIDE ROCK, RECOVER, EXTENDED WEAVE, HOLD.

- 1 2** Rock RF to right side, recover weight on to LF.
3 4 Step RF across LF, Step LF to left side.
5 6 Step RF behind LF, Step LF to left side.
7 8 Step RF across LF, Hold.

SECTION 4: [25 to 32] TURNING HEEL SWITCHES

- 1 2** Touch left heel fwd , making a 1/8 turn, Step LF next to RF.
3 4 Touch right heel fwd, making 1/8 turn. Step RF next to LF.
5 6 Touch left heel fwd , making a 1/8 turn, Step LF next to RF.
7 8 Touch right heel fwd, making 1/8 turn. Step RF next to LF. (6 o'clock)

SECTION 5: [33 to 40] CROSS, SIDE, BEHIND, ¼ TURN. MAMBO, STEP BACK, HOLD

- 1 2** Step LF across RF, step RF to right side.
3 4 Step LF behind RF. ¼ turn right, stepping RF fwd. (3 o'clock)
5 6 7 8 Rock LF fwd, recover weight on to RF. Step LF back. Hold.

SECTION 6: [40 - 48] COASTER STEP, CROSS, HOLD. SWAY, HOLD X 2

1 2 3 4 Step RF back, step LF next to RF. Step LF across RF, hold.

5 6 7 8 Sway left, hold. Sway right, hold.

SECTION 7: [49 TO 56] CROSS, SIDE, HEEL, HOLD. STEP TOGETHER, CROSS, STEP ¼ TURN HOLD.

1 2 Step LF across RF, step RF to right side.

3 4 Touch left heel fwd to left diagonal. Hold

5 6 Step LF next to RF. Step RF across LF

7 8 ¼ turn left, stepping fwd on LF, Hold.(6 o'clock)

SECTION 8: [57 TO 64] ¼ TURN, CROSS HOLD. SIDE ROCK ¼ TURN, FWD HOLD

1 2 Step RF fwd, pivot ¼ turn left, stepping left to left side. (3 o'clock)

3 4 Step RF across LF. Hold

5 6 Step LF to left side, ¼ turn right, recover weight on to RF. (6 o'clock)

7 8 Step LF fwd. Hold. *(see note for wall 1 from counts 5 to 8).

NOTE: Section 8 - At end of wall 1 only. Do not make ¼ right on count 6

TAG: Left side rock, recover, step LF across RF, hold. Facing 3 0'clock

32 counts. End of wall 1 only - see note above

1 2 3 4 Step RF back, making a ¼ turn left. Step LF to left side. Step RF across LF hold

5 6 7 8 Rock LF to left side, recover weight on to RF. Step LF across RF (12 o'clock)

1 2 3 4 Step RF back, making a ¼ turn left. Step LF to left side. Step RF across LF hold

5 6 7 8 Rock LF to left side, recover weight on to RF. Step LF across RF (9 o'clock)

1 2 3 4 Step RF back, making a ¼ turn left. Step LF to left side. Step RF fwd.

5 6 7 8 Rock LF to left side, recover weight on to RF. Step LF fwd. (6 o'clock)

1 2 3 4 ½ turn left stepping back on RF. ½ turn left stepping fwd on LF. Step fwd on RF, Hold

5 6 7 8 Step LF fwd, recover weight on to RF, Step LF back. Hold

ENDING: AT THE END OF WALL 6 - 20 COUNTS

MAMBO FWD, HOLD. MAMBO BACK, HOLD

1 2 3 4 Step RF fwd, recover weight on to LF. Step RF back, Hold.

5 6 7 8 Step LF back, recover weight on to RF. Step LF back, Hold.

STEP, PIVOT ½ TURN STEP, HOLD X 2

1 2 3 4 Step RF fwd, pivot ½ turn left on to LF, step RF fwd, hold.

5 6 7 8 Step Lf fwd, pivot ½ turn right on to RF, step LF fwd, hold

MAMBO STEP FWD, HOLD.

1 2 3 4 Step RF fwd, recover weight on to LF. Step RF back, hold.

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