

# KEEP US ROCKING

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**Count:** 64      **Wall:** —      **Level:** —

**Choreographer:** Margo Kennedy & Lisa Potter

**Music:** Keep Me Rockin' by Patricia Conroy

## HEEL FORWARD, HOOK, KICK, KICK

**1-4**      Touch right heel forward, touch right toe across left, kick right foot forward twice

## STEP TOUCH FORWARD, TOUCH ACROSS, KICK KICK

**&5**      Step down on right, touch left heel forward

**6**      Touch left foot across right

**7-8**      Kick left foot forward twice

## LEFT VINE, ROLLING RIGHT VINE

**9-12**      Step side left, step right behind left, step side left, touch right beside left & clap

**13-16**      Rolling vine to the right: step right, left, right (you should have completed a full turn on 3 beats), touch left to right & clap

## ROCK-STEPS, SHUFFLE IN PLACE

**17-18**      Rock forward on left, step in place on right

**19&20**      One 3-step shuffle in place: left-right-left

**21-22**      Rock forward on right, step in place on left

**23&24**      One 3-step shuffle in place: right-left-right

## KICK FORWARD, KICK WHILE $\frac{1}{4}$ TURNING, SHUFFLE IN PLACE

**25-26**      Kick left foot forward, kick left foot forward as you  $\frac{1}{4}$  pivot left on the ball of right foot

**27&28**      One 3-step shuffle in place: left-right-left

**29-30**      Kick right foot forward, kick right foot forward as you  $\frac{1}{4}$  pivot right on the ball of left foot

**31&32**      One 3-step shuffle in place: right-left-right

## SHUFFLE FORWARD, STEP FORWARD, $\frac{1}{2}$ TURN

**33&34**      One 3-step shuffle forward: left-right-right

**35-36**      Step forward on right, step  $\frac{1}{2}$  turn to the left on the left foot, (weight on left)

## **TOE TOUCHES & PAUSES**

- 37-38** Touch right toe out to the right side, hold for one beat
- &39** Step right beside left, touch left toe out to left side
- 40** Hold for one beat

## **ROCK STEPS AND SHUFFLES**

- 41-42** Rock forward on left, step in place on right
- 43&44** One 3-step shuffle in place: left-right-left
- 45-46** Rock back on right, step in place on left
- 47&48** One 3-step shuffle in place: right-left-right

## **½ PIVOTS, HITCHES & SLAPS**

- 49-50** Step forward on left, ½ pivot to the right on the left foot while hitching & slapping right knee
- 51-52** Step back on right, hitch left knee & slap with left hand
- 53-54** Step forward on left, ½ pivot to the right on left foot while hitching & slapping right knee
- 55-56** Step back on right, hitch left knee & slap with left hand

## **left VINE ¼ TURNING TO THE left**

- 57-60** Step side left, step right behind left, step ¼ turn left on left foot, stomp right & clap

## **HIP BUMPS**

- 61-64** Bump hips right, bump hips left, bump hips right, bump hips left

## **REPEAT**