

Keep It Movin'

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Count: 32

Wall: 4

Level: Intermediate

Choreographer: Julia Wetzel - March, 2016

Music: Keep It Movin' by Empire Cast (Album: Empire [Original Soundtrack from Season 1]), Length: 3:23, BPM: 112

Intro: 32 counts (approx. 17 seconds into track, start on lyrics "Body")

Note: Start this dance slightly towards the back (i.e. take 2 steps back). There's a restart in Wall 4 that will move the dance forward.

[1 - 8] Step, ½ Sweep, Behind, Side, Cross Shuffle, Hold, Side, Behind, ¼

1 - 2 Step R fw (1), ½ Turn right step L back sweep R from front to back (2) 6:00

3&4&5 Step R behind L (3), Step L to left side (&), Cross R over L (4), Step L to left side (&), Cross R over L (5) 6:00

6&7, 8 Hold (6), Step L to left side (&), Step R behind L (7), ¼ Turn left step L fw (8) 3:00

[9 - 16] Rock, Recover, Together, Step, Scuff, Out, Out, Hold, In, In, Kick

1, 2&3 Rock R fw (1), Recover on L (2), Step R next to L (&), Step L fw (3) 3:00

4&5 Scuff R next to L (4), Step R out to right side (&), Step L out to left side (5) 3:00

6&7, 8 Hold (6), Step R to center (&), Step L next to R bend both knees (7), Rise up on L and kick R fw (8) 3:00

***Restart here on Wall 4 facing 12:00**

[17 - 24] Back, Lock, Back, Lock, Back, Full Turn, ¼ Shuffle

1, 2, 3&4 Step R back (1), Lock L over R (2), Step R back (3), Lock L over R (&), Step R back (4) 3:00

5, 6, 7&8½ Turn left step L fw (5), ½ Turn left step R back (6), ¼ Turn left step L to left side (7), Step R next to L (&), Step L to left side (8)

Easy Option: ¼ Turn left step L to left side (5), Cross R over L (6), Step L to left side (7), Step R next to L (&), Step L to left side (8) 12:00

[25 - 32] Cross, Side, ⅛ Back, Behind, ⅛ Side, Step, Hip Bumps (R & L)

1&2 Cross R over L (1), Step L to left side (&), ⅛ Turn right step R back (2) 1:30

3&4 Step L behind R (3), ⅛ Turn right step R to right side (&), Step L fw (4) 3:00

- 5&6** Step ball of R fw and bump hip right (5), Bump hip left (&), Step R heel down and bump hip right (6) 3:00
- 7&8** Step ball of L fw and bump hip left (7), Bump hip right (&), Step L heel down and bump hip left (8) 3:00

Restart: On Wall 4, dance up to Count 16 (Rise up on L and kick R fw facing 12:00), then start Wall 5 facing 12:00. Note: Do a low kick for Count 16 for a smooth transition to Wall 5

Ending: On Wall 11, dance up to Count 15 (Step L next to R bending both knees facing 9:00), then rise up and make $\frac{1}{4}$ turn right on L swinging R from front to back (8), Step R behind L facing 12:00 (1).

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