

# KEEP ON GOING

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**Count:** 32

**Wall:** 2

**Level:** beginner/intermediate polka

**Choreographer:** Barry Durand

**Music:** If You're Going Through Hell by Rodney Atkins

## **CROSS, ¼ TURN LEFT, COASTER, STEP-HITCH-STEP TWICE**

- 1-2** Cross left over right, step right back making ¼ turn left (9:00)
- 3&4** Step left back, right together, left forward
- 5&6** Tap right heel forward, hitch right over left knee, step right forward
- 7&8** Tap left heel forward, hitch left over right knee, step left forward

## **PIVOT ½ TURN, SHUFFLE FORWARD, TOUCH FORWARD, BACK, PIVOT ¼, RECOVER**

- 1-2** Step right forward, pivot ½ turn left weight to left (3:00)
- 3&4** Shuffle forward right, left, right
- 5-6** Touch left forward, touch left behind
- 7-8** Rock weight onto left foot behind turning upper body ¼ turn left (12:00), recover weight back onto right foot turning body back facing (3:00)

## **KICK STEP LOCK STEPS, STOMP ¼ TURN, KICK STEP LOCK STEP, 2 STOMPS**

- 1&2&** Kick left forward, step left down, lock right behind, step left forward

**This step can be replaced with a left-right-left shuffle**

- 3&4** Scuff right heel forward, hitch right up, stomp right down turning ¼ turn left (12:00)
- 5&6&** Kick left forward, step left down, lock right behind, step left forward

**This step can be replaced with a left-right-left shuffle**

- 7&8** Scuff right heel forward, small hitch right up, stomp right down 2 times

## **SHUFFLE LEFT, ¼ TURN RIGHT, SHUFFLE RIGHT, ¼ TURN RIGHT KICK BALL CROSS, SWAY**

- 1&2** Shuffle to the left side left, right, left
- 3&4** Making ¼ turn right shuffle right right, left, right (3:00)
- 5&6** Making ¼ turn right kick left forward, step left to left side, cross right over left (6:00)
- 7-8** Step left to left side swaying left, sway back to right taking weight on right

**REPEAT**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=26633](https://www.linedance.com/index.php?f=dance_view&id=26633)