



Dance: **Keep On Movin' On**
 Type: 32 Count, 4 Wall, Intermediate
 Choreographer: Marja Urgert (NL) & Jan Van Tiggelen (NL), April 2020
 Choreographed to: Keep On Movin' On By Maddie Poppe (111 bpm, 2:37 min)

Intro: Start after count 40

Section 1	Forward Rock, Back Shuffle, Back Rock, Left Shuffle	
1,2	Rock forward on right. Recover on left	Forward rock
3&4	Step right back. Step left beside right. Step right back	Back shuffle
5,6	Rock back on left. Recover on right	Back rock
7&8	Step left forward. Step right beside left. Step left forward	Left shuffle
Section 2	Modified Heel Switch x 2, 1/4 Turn, Touch, Close, Heel Touch, Hold, 1/4 Turn, Touch, Close, Heel Touch, Close	
1,2&	Touch right heel forward. Hold. Step right beside left	Heel, hold, &
3&	Touch left heel forward. Turn 1/4 right stepping left beside right (3:00)	Heel, &
4&5,6	Touch right beside left. Step right beside left. Touch left heel forward. Hold	Touch, close, heel, hold
&7	Turn 1/4 right stepping left back (6:00). Touch right beside left	&, touch
&8&*	Step right beside left. Touch left heel forward. Step left beside right	&, heel, &
Section 3	Step Pivot 1/4, Cross Shuffle, Hinge 1/2 Turn, Left Shuffle	
1,2	Step right forward. Pivot 1/4 turn left (3:00)	Step, pivot
3&4	Cross right over left. Step left to left side. Cross right over left	Cross shuffle
5,6	Turn 1/4 right stepping left back (6:00). Turn 1/4 right stepping right to right side (9:00)	Turn, turn
7&8	Step left forward. Step right beside left. Step left forward	Left shuffle
Section 4	Modified V-Step, Kick-Ball Step	
1-4	Step right to right side. Hold. Step left to left side. Hold	Step out, hold, out, hold
5,6	Step right to centre. Step left beside right	In, close
7&8	Kick right forward. Step ball of right beside left. Step left forward	Kick-ball step
Tag	End of Wall 5 (9:00 - add Tag facing 6:00)	
Section 1	(Step, Sweep) x 2, Jazz Box 1/4 Step	
1-4	Step right forward. Sweep left. Step left forward. Sweep right	Step, sweep, step, sweep
5-8	Cross right over left. Step left back. Step right 1/4 turn right (9:00). Step left forward	Cross, back, turn, step
Section 2	(Step, Sweep) x 2, Jazz Box 1/4 Step	
1-4	Step right forward. Sweep left. Step left forward. Sweep right	Step, sweep, step, sweep
5-8	Cross right over left. Step left back. Step right 1/4 turn right (12:00). Step left forward	Cross, back, turn, step
Section 3	(Step, Sweep) x 2, Jazz Box 1/4 Step	
1-4	Step right forward. Sweep left. Step left forward. Sweep right	Step, sweep, step, sweep
5-8	Cross right over left. Step left back. Step right 1/4 turn right (3:00). Step left forward	Cross, back, turn, step
Section 4	Modified V-Step, Kick-Ball Step	
1-4	Step right to right side. Hold. Step left to left side. Hold	Step out, hold, out, hold
5,6	Step right to centre. Step left beside right	In, close
7&8	Kick right forward. Step ball of right beside left. Step left forward	Kick-ball step
Restart	* Wall 2 (9:00) after 16& Counts (restart facing 3:00)	
Ending	End of Wall 6 (3:00 - facing 12:00)	
	Modified V-Step, Kick-Ball Step	
1-4	Step right to right side. Hold. Step left to left side. Hold	Step out, hold, out, hold
5,6	Step right to centre. Step left beside right	In, close
7&8	Kick right forward. Step ball of right beside left. Step left forward	Kick-ball step
	Modified V-Step, Kick-Ball Step	
1-4	Step right to right side. Hold. Step left to left side. Hold	Step out, hold, out, hold
5,6	Step right to centre. Step left beside right	In, close
7&8	Kick right forward. Step ball of right beside left. Step left forward	Kick-ball step

N.B. At the end of Wall 5 the music slows down, steps 1-24 of the Tag should be done slowly