

Don't Quit!!

32 count, 4 wall, intermediate level

Choreographer: M.T.Groove (UK) April 2005

Choreographed to: My Neck My Back (Lick It) by Khia
(Kardinal Beats Clean Radio Edit), CD: Now 59

Start on Vocals when she says 'My Neck'.

SIDE TOUCH SIDE, ¼ CROSS, HOLD, HITCH STEP HOLD, KNEE POP.

1-2-3 Step L to L side, Touch R next to L, Step R to R side.

4-5 Make a ¼ turn L as you cross L over R, (Drop down slightly as you do count 4), Hold for count 5.

&6-7 Push off L foot as you hitch L knee up(&), Step L to L side(6)
(weight is now on both feet), Hold for count 7.

&8 Raise both heels off floor as you pop your knees forward,
Lower heels back in place.

WALK L, R, KNEE HITCH ¼ X2, JAZZ BOX,

1-2 Walk L, R

3-4 With L knee hitched up make a ¼ turn R on ball of R.
Repeat for count 4. (you've completed a ½ turn).

5-6 Cross L over R, Step back on R.

7-8 Step back on L, Touch R next to L.

¼ TURN ½ TURN, SIDE LUNGE & TOUCH, & CROSS SIDE, CROSS SIDE POINT.

1-2 ¼ turn R as you step forward R, ½ turn R as you step back on L.

3&4 Step/lunge to R side, Recover L, Touch R next to L.

&5-6 Step on ball of R, Cross L over R, Step R to R side.

7&8 Cross L over R, Step R to R side, Point L to L side.

ROLLING VINE FULL TURN TOUCH, ROCK RECOVER ¼ TURN, STEP TOUCH.

1-2-3-4 Make a full turn to your L, Stepping L,R,L touch R next to L.

5-6-7-8 Rock R to R side, Recover on L as you ¼ turn L, Step forward on R, Touch L next to R.

Smile and start over again!!!!

Don't just move it – Groove it!!!!