

Keep It Comin

ADVANCED

80 Count 2 Walls

Choreographed by: Charlotte O'Connor & Paul Culshaw

Choreographed to: Heartbreak Make Me A

Dancer by Freemasons feat. Sophie Ellis Bextor

- 1 Kick right, touch back, swivel 1/2 x2, kick back, together, body roll.**
1 - 2 Kick right foot forward, touch right toe back.
3 - 4 Keeping weight on balls of both feet, swivel both heels to pivot 1/2 turn right. Keeping weight on balls of both feet, swivel both heels to pivot 1/2 turn left.
5 - 6 Raise right foot off the floor keeping right leg back. Step right foot in place next to left.
7 - 8 Ripple down the body beginning with the head and ending with the hips.
- 2 Out out hold, cross hold, knee in, out, hip roll 1/4 turn.**
+1 - 2 Step right foot out to right side, step left foot out to left side, hold for one count.
3 - 4 Cross right foot over left, hold for one count.
5 - 6 Touch left toe out to left side twisting left knee inwards. Twist left knee outwards.
7 - 8 Taking the weight onto left foot, roll hips backwards in a half circle towards left, end hip roll with a 1/4 turn with weight back on left foot (3 o'clock).
- 3 & Walk, Walk, Hitch 1/4, side, Hitch 1/2 touch, Step 1/2 turn.**
+1 - 2 Step right foot in place next to left, walk forward left, right.
3 - 4 Make a 1/4 turn right hitching left leg, step left foot to left side.
5 - 6 Make a 1/2 turn left hitching right leg, touch right toe in place next to left.
7 - 8 Step right foot forward, make 1/2 turn left keeping weight back on right foot.
- 4 Long step back, right coaster step, full turn right, step forward left, brush.**
1 Take a long step back on left foot.
2 - 3 Drag right foot up to left foot.
4+5 Step back on right foot, step left foot next to right, step right foot forward.
6 - 7 Make a 1/2 turn to right stepping back on left foot. Make a 1/2 turn to right stepping forward on right foot.
8 Brush left foot forward.
- 5 Cross brush, kick forward, & cross brush, kick forward, step side, hold, & side, head turn.**
1 - 2 Brush the left toe across the right foot (in hook position), brush the left toe forward extending the left leg into a kick.
+3 - 4 Step left foot down into place, brush right toe across left foot (in hook position), brush the right toe forward extending the right leg into a kick.
5 - 6 Step right foot to right side, hold for one count.
+7 - 8 Step left foot next to right, step right foot to right side, turn head to right on count 8.
- 6 Knee pops x3, brush backwards, touch forwards, swivel heels.**
1 - 2 Make 1/4 turn to right touching left toe next to right foot with a bent left knee.
3 - 4 Transfer weight to left foot popping right knee forward, transfer weight onto right foot popping left knee forward.
5 - 6 Brush left foot backwards, hitch left knee up, step left foot forward.
7 - 8 Keeping weight on balls of both feet, swivel both heels forward, swivel both heels back into place taking weight back onto right foot.
- 7 Side rock, cross, slide right, touch, walks in a 3/4 turn.**
+1 - 2 Rock left foot out to left side, recover weight onto right foot, cross left foot over right.
3 - 4 Take a long step to right with right foot, touch left toe next to right.
5 - 8 Walk left, right, left, right around to the left making a 3/4 turn to finish facing 12 o'clock.
- 8 Step forward left with bounces, drag ball change, chugs 1/2 turn hip bumps.**
1 - 2 Step left foot forward slightly bending knees twice.
3+4 Drag right foot up to left, take weight onto right foot, step left foot slightly forward.
5 - 6 Make a 1/4 turn left pointing right toe to right side, make a 1/4 turn left pointing right toe to right side.
7+8 Taking weight onto right foot bump hips to right, bump hips to left, bump hips to right.
- 9 Diagonal walks, forward rock recover, point 1/2 turn.**
1 - 2 Step left foot forward to left diagonal.

- 3 - 4 Step right foot forward to left diagonal.
5 - 6 Rock left foot forward, recover weight back onto right foot.
7 - 8 Point left toe back, pivot 1/2 turn taking weight onto left foot (facing opposite diagonal).

10 Diagonal walks, 1/4, step, 1/2 step.

- 1 - 2 Step right foot diagonally forward.
3 - 4 Step left foot diagonally forward.
5 - 6 Step right foot forward making 1/4 turn right (6 oâ€™clock), step left foot forward.
7 - 8 Pivot 1/2 turn right taking weight onto right foot, step left foot forward.

Restart Restart the dance on wall 5 after section 6. At the end of section 6, do the first heel swivel on count 7, make a 1/4 turn left stepping left foot next to right so you can begin the dance again.

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