

Keep It Groovin'

64 Count, 4 Wall, Intermediate

Choreographer: Robbie McGowan Hickie (UK) March 2014
Choreographed to: Physical by Enrique Iglesias, Ft. Jennifer Lopez (126 bpm) CD: Sex and Love; Avo by Blue (120 bpm), CD: Roulette (iTunes, Amazon)

32 count intro (64 count intro for Avo)

- 1 Side Step Right. Drag. & Right Cross Shuffle. Side Step Left. Right Sailor Step. Cross.**
1 – 2 **Long** step Right to Right side. Drag Left towards Right. (Weight on Right)
&3&4 Step Left beside Right. Cross step Right over Left. Step Left to Left side. Cross step Right over Left.
5 **Long** step Left to Left side.
6&7 Cross Right behind Left. Step Left to Left side. Step Right to Right side.
8 Cross step Left over Right.
- 2 Right Diagonal Kick-Ball-Cross. Right Side Rock. & 2 x Walks Forward. Forward Rock.**
1&2 Kick Right **Diagonally** forward Right. Step Right beside Left. Cross step Left over Right.
3 – 4 Rock Right out to Right side. Recover weight on Left.
&5 – 6 Step ball of Right beside Left. Walk forward on Left. Walk forward on Right.
7 – 8 Rock forward on Left. Rock back on Right.
- 3 Left Shuffle 1/2 Turn Left. Heel. Toe. Right Kick-Ball-Step Forward. Scuff with Hitch. Step Back.**
1&2 Left shuffle making 1/2 turn Left stepping Left. Right. Left. (**Facing 6 o'clock**)
3 – 4 Touch Right heel forward. Touch Right toe back.
5&6 Kick Right forward. Step Right beside Left. Step forward on Left.
7 – 8 Scuff Right forward hitching up Right knee. Step back on Right.
- 4 Left Coaster Step. Right Shuffle Forward. 1/2 Turn Right. 1/4 Turn Right. Cross Rock.**
1&2 Step back on Left. Step Right beside Left. Step forward on Left.
3&4 Right shuffle forward stepping Right. Left. Right.
5 – 6 Make 1/2 turn Right stepping back on Left. Make 1/4 turn Right stepping Right to Right side.
7 – 8 Cross rock Left over Right. Rock back on Right. (**Facing 3 o'clock**)
- 5 & Cross. Side. Anchor Rocks. 2 x Sweeps Back. Behind & Cross.**
&1 – 2 Step ball of Left to Left side. Cross step Right over Left. Step Left to Left side.
3&4 Step Right behind Left heel rocking back on Right. Rock forward on Left. Rock back on Right.
5 – 6 Sweep Left out and around stepping back on Left. Sweep Right out and around stepping back on Right
7&8 Cross Left behind Right. Step Right to Right side. Cross step Left over Right.
- 6 Side Step Right. Left Diagonal Kick-Ball-Cross. Side Step Left. Back Rock. Right Shuffle 1/2 Turn Left.**
1 Step Right to Right side.
2&3 Kick Left **Diagonally** forward Right. Step Left to Left side. Cross step Right over Left.
4 Step Left to Left side.
5 – 6 Rock back on Right. Rock forward on Left.
7&8 Right shuffle making 1/2 turn Left stepping Right. Left. Right. (**Facing 9 o'clock**)
- 7 Step Back. Drag. & Back Rock. 2 x 1/2 Turns Right. Left Shuffle Forward.**
1 – 2 **Long** step back on Left. Drag Right toward Left. (Weight on Left)
&3 – 4 Step Right beside Left. Rock back on Left. Rock forward on Right.
5 – 6 Make 1/2 turn Right stepping back on Left. Make 1/2 turn Right stepping forward on Right.
7&8 Left shuffle forward stepping Left. Right. Left. (**Facing 9 o'clock**)
- 8 Forward Rock. & Back Rock. Step. Pivot 1/2 Turn Right. Left Cross Shuffle.**
1 – 2 Rock forward on Right. Rock back on Left.
&3 – 4 Step Right beside Left. Rock back on Left. Rock forward on Right.
5 – 6 Step forward on Left. Pivot 1/2 turn Right.
7&8 Cross step Left over Right. Step Right to Right side. Cross step Left over Right. (**Facing 3 o'clock**)