

Keep Movin' It

48 count, 3 wall, intermediate level

Choreographer: Zac Detweiller (USA) Dec 2006

Choreographed to: Bailamos by Fergie on the
Poseidon soundtrack 2006

Intro: 16counts. Dance starts before lyrics!!!

Heel Grind, Heel Grind, Kick Step, Heel Grind, Heel Grind, Kick Step

- 1,2 Cross Right heel over Left, Turn toes to Right while stepping Left to Left
- 3& Cross Right heel over Left, Turn toes to Right while stepping Left to Left
- 4& Kick Right foot to Right Diagonal, Step Right foot in Place
- 5-8 Repeat on Left Foot

Modified Bachata (slightly traveling backward): Press Recover Step Press Recover step Touch

- 1&2& Press forward on Right toe, Recover Weight to Left, Step back on Right, Press forward on Left,
- 3&4 Recover weight to Right, Step back on Left, Touch Right beside Left
- 5&6& Press forward onto Right, Recover Weight to Left, Step Back on Right, Press forward on Left
- 7&8 Recover weight to Right, Step back on Left, Touch Right beside Left

Lock forward, Rock Recover ½ Left, Lock Forward, Full turn touch

- 1&2 Step Right forward, Step Left slightly behind Right (lock), Step forward on Right
- 3&4 Rock forward onto Left, Recover weight to Right, Make a ½ turn to Left stepping Left forward
- 5&6 Step Right forward, Step Left slightly behind Right (lock), Step forward on Right
- 7&8& Keeping forward motion make a ½ turn Right stepping back on Left,
Make a ½ turn Right stepping Right forward, Step Left foot forward, Touch Right beside left

Kick Step Cross, ¼ turning weave, Heel ball cross, Modified Heel Jack

- 1&2 Kick Right forward, Step back on Right, Cross Left over Right
- &3&4 Step Back on Right, Step Left to Left side making a ¼ turn Left, Step Right across Left,
Step Left to Left side
- 5&6 Touch Right heel forward, Step Right in Place, Cross Left over Right
- 7&8& Touch Right toe by Left heel, Step Right in place, Present Left heel forward, Step Left in Place

½ Pivot Left, Full Turn Left, Rock Recover, Behind Side Rock

- 1,2 Step forward Right, Make a ½ turn left keeping weight Left
- 3&4 Make ¼ turn Left stepping Right, Make ½ turn Left stepping Left,
Make ¼ turn Left stepping Right
- 5,6 Rock Forward on Left, Recover weight Right
- 7&8 Step Left behind Right, Rock Right to Right, Recover weight to Left

Samba Steps, 1/2 U turn Left

- 1&2 Step Right forward slightly in front of Left, Rock Left to Left, Recover weight Right
- 3&4 Step Left forward and slightly in front of Right, Rock Right to Right, Recover weight to Left
- 5,6,7,8 Make a ½ turn to Left walking in a "U shape pattern"

Note: feel free to shimmy your shoulders or scuff your foot on the & count to add styling.

Restarts: On Walls 2 and 4 drop the last 8 counts of the dance and start again. There will be an 8 count instrumental section immediately prior to restart. Both restarts occur at the front wall. Due to the restarts you do not dance the 9 O'clock wall.