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## Keep On

64 Count, 2 Wall, Improver

Choreographer: Natalie Davids (SA) May 2014

Choreographed to: Keep On by Blackbyrd (Itunes – 154 bpm)

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Intro 16 counts - start on vocals ( 1 tag)

### 1 - 8 WALK, HOLD X 2., FWD MAMBO, HOLD

1 2 3 4 Step RF fwd, hold. Step LF fwd, hold.

5 6 Rock RF fwd, recover weight on to LF

7 8 Step RF back, hold.

### 9 – 16 WALK BACK, HOLD X 2. COASTER CROSS.

1 2 3 4 Step LF back, hold. Step RF back, hold.

3 4 5 6 Step LF back, step RF next to LF, cross LF over RF.

### 17 – 24 SIDE ROCK, RECOVER, EXTENDED WEAVE, HOLD.

1 2 Rock RF to right side, recover weight on to LF.

3 4 Step RF across LF, Step LF to left side.

5 6 Step RF behind LF, Step LF to left side.

7 8 Step RF across LF, Hold.

### 25 – 32 TURNING HEEL SWITCHES

1 2 Touch left heel fwd, making a 1/8 turn, Step LF next to RF.

3 4 Touch right heel fwd, making 1/8 turn. Step RF next to LF.

5 6 Touch left heel fwd, making a 1/8 turn, Step LF next to RF.

7 8 Touch right heel fwd, making 1/8 turn. Step RF next to LF. (6 o'clock)

### 33 - 40CROSS, SIDE, BEHIND, 1/4 TURN. MAMBO, STEP BACK, HOLD

1 2 Step LF across RF, step RF to right side.

3 4 Step LF behind RF. 1/4 turn right, stepping RF fwd. (3 o'clock)

5 6 7 8 Rock LF fwd, recover weight on to RF. Step LF back. Hold.

### 40 – 48 COASTER STEP, CROSS, HOLD. SWAY, HOLD X 2

1 2 3 4 Step RF back, step LF next to RF. Step LF across RF, hold.

5 6 7 8 Sway left, hold. Sway right, hold.

### 49 – 56 CROSS, SIDE, HEEL, HOLD. STEP TOGETHER, CROSS, STEP 1/4 TURN HOLD.

1 2 Step LF across RF, step RF to right side.

3 4 Touch left heel fwd to left diagonal. Hold

5 6 Step LF next to RF. Step RF across LF

7 8 1/4 turn left, stepping fwd on LF, Hold.( 6 o'clock)

### 57 – 64 1/4 TURN, CROSS HOLD. SIDE ROCK 1/4 TURN, FWD HOLD

1 2 Step RF fwd, pivot 1/4 turn left, stepping left to left side. (3 o'clock)

3 4 Step RF across LF. Hold

5 6 Step LF to left side, 1/4 turn right, recover weight on to RF. (6 o'clock)

7 8 Step LF fwd. Hold. \*(see note for wall 1 from counts 5 to 8).

**NOTE Section 8. At end of wall 1 only.**

**Do not make 1/4 right on count 6**

**TAG 32 counts. End of wall 1 only - see note above**

**Left side rock, recover, step LF across RF, hold. Facing 3 o'clock**

1 2 3 4 Step RF back, making a 1/4 turn left. Step LF to left side. Step RF across LF hold

5 6 7 8 Rock LF to left side, recover weight on to RF. Step Lf across RF (12 o' clock)

1 2 3 4 Step RF back, making a 1/4 turn left. Step LF to left side. Step RF across LF hold

5 6 7 8 Rock LF to left side, recover weight on to RF. Step Lf across RF (9 o' clock)

1 2 3 4 Step RF back, making a 1/4 turn left. Step LF to left side. Step RF fwd.

5 6 7 8 Rock LF to left side, recover weight on to RF. Step LF fwd. (6 o'clock)

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1 2 3 4 1/2 turn left stepping back on RF. 1/2 turn left stepping fwd on LF. Step fwd on RF, Hold  
5 6 7 8 Step LF fwd, recover weight on to RF, Step Lf back. Hold

**ENDING AT THE END OF WALL 6 - 20 COUNTS**

**MAMBO FWD, HOLD. MAMBO BACK, HOLD**

1 2 3 4 Step RF fwd, recover weight on to LF. Step RF back, Hold.  
5 6 7 8 Step LF back, recover weight on to RF. Step LF back, Hold.

**STEP, PIVOT 1/2 TURN STEP, HOLD X 2**

1 2 3 4 Step RF fwd, pivot 1/2 turn left on to LF, step RF fwd, hold.  
5 6 7 8 Step Lf fwd, pivot 1/2 turn right on to RF, step LF fwd, hold

**MAMBO STEP FWD, HOLD.**

1 2 3 4 Step RF fwd, recover weight on to LF. Step RF back, hold.