

## Keep On Going

32 count, 2 wall, beginner/intermediate level  
Choreographer: Barry Durand (USA) July 2006  
Choreographed to: If You're Going Through Hell by  
Rodney Atkins

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32 count intro

**1-8 Cross, 1/4 Turn Left, Coaster, Step-Hitch-Step x2**

- 1, 2 Cross L over R, Step R back making 1/4 turn left (9:00)  
3&4 Step L back, R together, L forward  
5&6 Tap R heel forward, hitch R over L knee, step R forward  
7&8 Tap L heel forward, hitch L over R knee, step L forward

**9-16 Pivot 1/2 Turn, Shuffle Forward, Touch Forward, Back, Pivot 1/4, Recover**

- 1, 2 Step R forward, pivot 1/2 turn left weight to L (3:00)  
3&4 Shuffle forward R,L,R  
5, 6 Touch L forward, touch L behind  
7, 8 Rock weight onto L foot behind turning upper body 1/4 turn left (12:00),  
recover weight back onto R foot turning body back facing (3:00)

**17-24 Kick Step Lock Steps, Stomp 1/4 turn, Kick Step Lock Step, 2 Stomps**

- 1&2& Kick L forward, step L down, lock R behind, step L forward  
(This step can be replaced with a LRL shuffle)  
3&4 Scuff R heel forward, hitch R up, stomp R down turning 1/4 turn left (12:00)  
5&6& Kick L forward, step L down, lock R behind, step L forward  
(This step can be replaced with a LRL shuffle)  
7&8 Scuff R heel forward, small hitch R up, stomp R down 2 times (&8)

**25-32 Shuffle Left, 1/4 Turn Right, Shuffle Right, 1/4 Turn Right Kick Ball Cross, Sway**

- 1&2 Shuffle to the left side L,R,L  
3&4 Making 1/4 turn right shuffle right R,L,R (3:00)  
5&6 Making 1/4 turn right kick L forward, step L to left side, cross R over left (6:00)  
7, 8 Step L to left side swaying left, sway back to right taking weight on R

No Tags, No Restarts, Yipppeeeee!

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Music download available from itunes

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