

## Keep On

32 Count, 4 Wall, Beginner

Choreographer: Margareth Berg (NO) Nov 2010  
Choreographed to: Keep On by Captain Kane & Big  
Trouble

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### Start on vocals

#### **Vine right with touch or scuff, vine left with touch or scuff**

- 1-2 step right leg to the right, cross left behind right
- 3-4 step right leg to the right, touch left next to right
- 5-6 step left leg to the left, cross right behind left
- 7-8 step left leg to the left, touch right next to left

#### **Point cross right and left twice**

- 1-2 point right toe diagonally forward, cross right in front of left
- 3-4 point left toe diagonally forward, cross left in front of right
- 5-6 point right toe diagonally forward, cross right in front of left
- 7-8 point left toe diagonally forward, cross left in front of right

#### **Rock right forward, right shuffle back, rock left back, left shuffle forward**

- 1-2 rock forward onto right leg, recover on left leg
- 3&4 shuffle backwards right, left, right
- 5-6 rock back onto left leg, recover on right leg
- 7&8 shuffle forward left, right, left

#### **Step right forward, ¼ turn left, cross shuffle right over left, side rock left, left sailor step**

- 1-2 step forward onto right leg, turn ¼ left weight is on the left leg
- 3&4 cross shuffle right, left, right
- 5-6 rock left leg to the left, recover onto the right leg
- 7&8 cross left leg behind right, step right to side, step left to side

#### **Tag : between 4<sup>th</sup> and 5<sup>th</sup> wall, facing front wall – 8 counts**

- 1-2 right rock forward, recover onto the left leg
- 3&4 right coaster step – right leg back, left leg back, right leg forward
- 5-6 left rock forward, recover onto right leg
- 7&8 left caster step – left leg back, right leg back, left leg forward

**Start again and enjoy ☺**