

Keep On Running

BEGINNER

40 Count 2 Walls

Choreographed by: Steve Mason

Choreographed to: Keep On Running by Waylander

WALK FORWARD LEFT, RIGHT, LEFT, SCUFF, SCOOTs BACK, RIGHT SHUFFLE BACK, 1/2 LEFT TURNING SHUFFLE

- 1 - 4 Walk forward on left foot, right, then left, scuff right foot forward
& 5 & 6 Hitching right knee, scoot back on left foot, step right foot back, hitch left knee scoot back on right foot, step left back
7 & 8 Shuffle backwards stepping right, left, right
9 & 10 Shuffle left, right, left while making 1/2 turn left

ROCK FORWARD, BACK, RIGHT COASTER, LEFT SHUFFLE, ROCK FORWARD, BACK

- 11 - 12 Rock step forward on right foot, rock back onto left foot
13 & 14 Step back on right foot, step left foot back next to right foot, step right foot forward
15 & 16 Shuffle forward stepping left, right, left
17 - 18 Rock step forward on right foot, rock back on to left foot

1 1/4 ROLLING TURN BACK, SCUFF, CROSS 1/2 UNWIND, LEFT SHUFFLE, ROCK FORWARD & BACK

- 19 - 22 Make 1 1/4 turn backwards (to the right) stepping right, left, right, scuff left foot forward
23 - 24 Cross left foot over right foot, unwind 1/2 turn to right
25 & 26 Shuffle forward left, right, left
27 - 28 Rock step forward on to right foot, rock back on to left foot

MASHED POTATOES STEPS BACK, RIGHT BACK TRIPLE, 1/4 LEFT TRIPLE STEPS, 1/2 RIGHT TRIPLE STEPS, ROCK BACK & FORWARD

- 29 - 32 Traveling backwards mashed potato steps right, left, right, left, (or knee pop slides)
33 & 34 Triple steps back stepping right, left, right
35 & 36 Make 1/4 turn left as you triple step left, right, left
& 37 & 38 Pivot 1/2 turn left on ball of left foot into a right side triple step right, left, right
39 - 40 Rock step back on left foot, rock forward on to right foot

REPEAT