

Keeping My Distance

32 count, 4 wall, intermediate level

Choreographer: Theresa Needham (UK) Sept 2007
Choreographed to: Keeping My Distance by Martina
McBride, CD: Evolution (128 bpm); Happy Girl by
Martina McBride (120 bpm)

Start on vocals; 16 count intro from main beat for Happy Girl

SIDE BEHIND, HEEL BALL CROSS, TOUCH ¼ R, KICK BALL STEP

- 1 – 2 & Step L to L side, step R behind L, step L next to R
3 & 4 Dig R heel forward, step R next to L, cross L over R
5 – 6 Touch R out to R side, ¼ turn R, (weight remains on L) (3 o'clock)
7 & 8 Kick R leg forward, step R next to L, step forward on L

STEP ½ R COASTER STEP, CROSS BACK ¼ L STEP FORWARD

- 1 – 2 Step forward on R, making ½ turn R step back on L (9 o'clock)
3 & 4 Step back on R, step L beside R, step forward on R
5 – 6 Cross L over R, step back on R
7 – 8 Make ¼ turn L stepping L forward, step forward on R (6 o'clock)

ROCK RECOVER TRIPLE ¾ L, SIDE ROCK CROSS SHUFFLE

- 1 – 2 Rock forward on L recover onto R
3 & 4 Triple ¾ turn L, L, R, L (9 o'clock)
5 – 6 Rock R to R side, recover onto L
7 & 8 Cross R over L, step L to L side, cross R over L

FORWARD TOUCH ¼ R TOUCH, SIDE ROCK RECOVER ¼ R, WALK WALK

- 1 – 2 Step forward on L, touch R behind L
3 – 4 Making ¼ turn R step R to R side, touch L next to R (12 o'clock)
5 – 6 Rock L to L side, recover onto R making ¼ turn R (3 o'clock)
7 – 8 Walk forward L, R (option full turn R)
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Music download available from iTunes
