



KEEP IT GROOVIN'

Choreographed by: Scott Blevins and Jo Thompson Szymanski

64 Count, 4 Wall, Intermediate level line dance

Music: Keep It Groovin' by Extreme Music

Contact: jo.thompson@comcast.net scottblevins@me.com



Scan/Click for Video

LINE DANCING WITH ZANDRA

#16 count intro to start on lyrics

(1 Restart occurring after count 32& on rotation 3)

[1-8] SIDE, HOLD, BALL, ROCK, RECOVER, RIGHT SAILOR, BEHIND, SIDE, CROSS

1-2 1) Step R to right; 2) Hold - Optional arms: 1) Put hands out to sides palms down; 2) Hold hand position

&3-4 &) Step L beside R; 3) Rock R to right; 4) Recover to L

5&6 5) Step ball of R behind L; &) Step ball of L to left; 6) Step R to right

7&8 7) Step L behind R; &) Step R to right; 8) Step L across R

[9-16] SIDE, TOUCH, 1/4 LEFT, 1/2 LEFT, 1/2 LEFT, PREP, 1/2 RIGHT, 1/2 RIGHT

1-2 1) Step R to right; 2) Touch L beside R

Optional arms: 1&) Circle R arm clockwise two small circles; 2) Snap fingers to R

3-4 3) Turn 1/4 left stepping L forward [9:00]; 4) Turn 1/2 left stepping R back [3:00]

5-6 5) Turn 1/2 left stepping L forward [9:00]; 6) Step R forward prepping for right turn

7-8 7) Turn 1/2 right stepping L back [3:00]; 8) Turn 1/2 right stepping R forward [9:00]

[17-24] STEP, 1/2 PIVOT, TRIPLE FORWARD, 1/2 LEFT HIP CIRCLE, HIP BUMP, STEP, 1/2 LEFT

1-2 1) Step L forward; 2) Turn 1/2 right taking weight on R [3:00]

3&4 3) Step L forward; &) Step ball of R to L heel; 4) Step L forward

5 5) Step R forward circling hips anti-clockwise from back to front as you make 1/2 turn left [9:00]

6 6) Touch L toe slightly forward bumping L hip forward

7-8 7) Step down on L; 8) Turn 1/2 left stepping R back [3:00]

[25-32] L TOE STRUT BACK w/SWIM, R TOE STRUT BACK w/SWIM, 1/4 RIGHT, SHAKE, 1/2 LEFT

1-2 1) Step L toe back; 2) Drop L heel taking weight on L (Swim R arm fwd over both counts)

3-4 3) Step R toe back; 4) Drop R heel taking weight on R (Swim L arm fwd over both counts)

5&5 &) Turn 1/4 right stepping L to left side feet in 2nd position, weight on both feet, shaking hips [6:00]

6&7&8 6&7&8) Relax knees and continue shaking hips making sure you are ready to make a 1/2 turn left on L

& &) Turn 1/2 left on L [12:00]

RESTART after this 1/2 turn on rotation 3 facing the original 6 o'clock wall.

[33-40] CROSS, HOLD, CROSS, HOLD, SIDE ROCK, RECOVER, FWD ANGLE, HOLD

1-2 1) Step R forward and across L; 2) Hold

3-4 3) Step L forward and across R; 4) Hold

5-6 5) Rock R to right; 6) Recover to L

7-8 7) Step R fwd and across L toward 11 o'clock; 8) Hold [11:00]

KEEP IT GROOVIN' CONTINUED ON PAGE 2 OF 2



NELSON FIREFIGHTERS HALL
2336 Fassel Ave., Burlington

Instructor: Zandra McCallum
Phone: (905) 547-0426

Mon. - Beg 6:00 - 7:30 PM
Int 7:30 - 10:00 PM
Thur. - Int/Adv 7: - 10:00 PM



KEEP IT GROOVIN' [CONTINUES PAGE 2 OF 2]

[41-48] ROCK, RECOVER, BACK, ½ RIGHT, WALK AROUND

- 1-2 1) Rock L forward on a diagonal toward 11 o'clock; 2) Recover to R
- 3-4 3) Step L back; 4) Turn ½ right stepping R forward [5:00]
- 5,6,7,8 5,6,7,8) Walk around clockwise L-R-L-R ending on a diagonal at 1 o'clock [1:00]

[49-56] TRIPLE FORWARD, STEP, ½ PIVOT, TRIPLE FORWARD, STEP, 5/8 PIVOT

- 1&2 1) Step L forward; &) Step ball of R to L heel; 2) Step L forward
- 3-4 3) Step R forward; 4) Turn ½ left taking weight on L [7:00]
- 5&6 5) Step R forward; &) Step ball of L to R heel; 6) Step R forward
- 7-8 7) Step L forward; 8) Turn 5/8 right taking weight on R [3:00]

[57-64] TRIPLE FORWARD, ANGLE ROCK, RECOVER, CROSS, BACK, SIDE, CROSS

- 1&2 1) Step L forward; &) Step ball of R to L heel; 2) Step L forward
- 3-4 3) Angle body to face 1 o'clock as you rock R toward 5 o'clock bending knees and swinging hips to right; 4) Swing hips left as you recover to L [1:00]
- 5-6 5) Step R across L; 6) Step L back
- 7-8 7) Step R to right squaring up to 3 o'clock; 8) Step L across R [3:00]

Ending: Your final rotation will start facing the original 6 o'clock wall. You will dance through count 26 as written above.

On count 27 you will turn ¼ right stepping R to right side to face the original 12 o'clock wall, on count 28 you will bring R hand down to right side as you snap your fingers and look down toward R foot.

Enjoy!

(Taught by: Zandra McCallum October 2016)

