

Keep Movin' It

Choreographed by Zac Detweiller just_a_dancin_fool@yahoo.com

Music: Bailamos by Fergie on the Poseidon soundtrack 2006

Style: 48ct Latin Dance 3 wall

Intro: 16counts. Dance starts before lyrics!!!

03-12-2006 Script approved and prepared by Zac

Heel Grind, Heel Grind, Kick Step, Heel Grind, Heel Grind, Kick Step

1,2 Cross Right heel over Left, Turn toes to Right while stepping Left to Left
3& Cross Right heel over Left, Turn toes to Right while stepping Left to Left
4& Kick Right foot to Right Diagonal, Step Right foot in Place
5-8 Repeat on Left Foot

Modified Bachata (slightly traveling backward): Press Recover Step Press Recover step Touch

1&2& Press forward onto Right toe, Recover Weight to Left, Step back on Right, Press forward on Left,
3&4 Recover weight to Right, Step back on Left, Touch Right beside Left
5&6& Press forward onto Right, Recover Weight to Left, Step Back on Right, Press forward on Left
7&8 Recover weight to Right, Step back on Left, Touch Right beside Left

Lock forward, Rock Recover ½ Left, Lock Forward, Full turn touch

1&2 Step Right forward, Step Left slightly behind Right (lock), Step forward on Right
3&4 Rock forward onto Left, Recover weight to Right, Make a ½ turn to Left stepping Left forward
5&6 Step Right forward, Step Left slightly behind Right (lock), Step forward on Right
7&8& Keeping forward motion make a ½ turn Right stepping back on Left, Make a ½ turn Right stepping Right forward, Step Left foot forward, Touch Right beside left

Kick Step Cross, ¼ turning weave, Heel ball cross, Modified Heel Jack

1&2 Kick Right forward, Step back on Right, Cross Left over Right
&3&4 Step Back on Right, Step Left to Left side making a ¼ turn Left, Step Right across Left, Step Left to Left side
5&6 Touch Right heel forward, Step Right in Place, Cross Left over Right
7&8& Touch Right toe by Left heel, Step Right in place, Present Left heel forward, Step Left in Place

½ Pivot Left, Full Turn Left, Rock Recover, Behind Side Rock

1,2 Step forward Right, Make a ½ turn left keeping weight Left
3&4 Make a ¼ turn Left stepping Right, Make a ½ turn Left stepping Left, Make a ¼ turn Left stepping Right
5,6 Rock Forward on Left, Recover weight Right
7&8 Step Left behind Right, Rock Right to Right, Recover weight to Left

Samba Steps, 1/2 U turn Left

1&2 Step Right forward slightly in front of Left, Rock Left to Left, Recover weight Right
3&4 Step Left forward and slightly in front of Right, Rock Right to Right, Recover weight to Left
5,6,7,8 Make a ½ turn to Left walking in a "U shape pattern" *Note: feel free to shimmy your shoulders or scuff your foot on the & count to add styling.*

Restarts::: On Walls 2 and 4 You will Drop the last 8 counts of the dance and start again. There will be an 8 count instrumental section immediately prior to restart. Both restarts occur at the front wall. Due to the restarts you do not dance the 9 O'clock wall.