

# Keep It Groovin

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Robbie McGowan Hickie (UK) - March 2014

Music: Physical by Enrique Iglesias – Ft. Jennifer Lopez (126 bpm) CD: Sex and Love

## 32 Count intro

Alternative: “Ayo” by Blue (120 bpm...64 Count intro) CD... “Roulette”

### Side Step Right. Drag. & Right Cross Shuffle. Side Step Left. Right Sailor Step. Cross.

- 1 – 2 Long step Right to Right side. Drag Left towards Right. (Weight on Right)  
&3&4 Step Left beside Right. Cross step Right over Left. Step Left to Left side. Cross step Right over Left.  
5 Long step Left to Left side.  
6&7 Cross Right behind Left. Step Left to Left side. Step Right to Right side.  
8 Cross step Left over Right.

### Right Diagonal Kick-Ball-Cross. Right Side Rock. & 2 x Walks Forward. Forward Rock.

- 1&2 Kick Right Diagonally forward Right. Step Right beside Left. Cross step Left over Right.  
3 – 4 Rock Right out to Right side. Recover weight on Left.  
&5 – 6 Step ball of Right beside Left. Walk forward on Left. Walk forward on Right.  
7 – 8 Rock forward on Left. Rock back on Right.

### Left Shuffle 1/2 Turn Left. Heel. Toe. Right Kick-Ball-Step Forward. Scuff with Hitch. Step Back.

- 1&2 Left shuffle making 1/2 turn Left stepping Left. Right. Left. (Facing 6 o'clock)  
3 – 4 Touch Right heel forward. Touch Right toe back.  
5&6 Kick Right forward. Step Right beside Left. Step forward on Left.  
7 – 8 Scuff Right forward hitching up Right knee. Step back on Right.

### Left Coaster Step. Right Shuffle Forward. 1/2 Turn Right. 1/4 Turn Right. Cross Rock.

- 1&2 Step back on Left. Step Right beside Left. Step forward on Left.  
3&4 Right shuffle forward stepping Right. Left. Right.  
5 – 6 Make 1/2 turn Right stepping back on Left. Make 1/4 turn Right stepping Right to Right side.  
7 – 8 Cross rock Left over Right. Rock back on Right. (Facing 3 o'clock)

### & Cross. Side. Anchor Rocks. 2 x Sweeps Back. Behind & Cross.

- &1 – 2 Step ball of Left to Left side. Cross step Right over Left. Step Left to Left side.  
3&4 Step Right behind Left heel rocking back on Right. Rock forward on Left. Rock back on Right.  
5 – 6 Sweep Left out and around stepping back on Left. Sweep Right out and around stepping back on Right.  
7&8 Cross Left behind Right. Step Right to Right side. Cross step Left over Right.

### Side Step Right. Left Diagonal Kick-Ball-Cross. Side Step Left. Back Rock. Right Shuffle 1/2 Turn Left.

- 1 Step Right to Right side.  
2&3 Kick Left Diagonally forward Right. Step Left to Left side. Cross step Right over Left.  
4 Step Left to Left side.  
5 – 6 Rock back on Right. Rock forward on Left.  
7&8 Right shuffle making 1/2 turn Left stepping Right. Left. Right. (Facing 9 o'clock)

### Step Back. Drag. & Back Rock. 2 x 1/2 Turns Right. Left Shuffle Forward.

- 1 – 2 Long step back on Left. Drag Right toward Left. (Weight on Left)  
&3 – 4 Step Right beside Left. Rock back on Left. Rock forward on Right.  
5 – 6 Make 1/2 turn Right stepping back on Left. Make 1/2 turn Right stepping forward on Right.  
7&8 Left shuffle forward stepping Left. Right. Left. (Facing 9 o'clock)

### Forward Rock. & Back Rock. Step. Pivot 1/2 Turn Right. Left Cross Shuffle.

- 1 – 2 Rock forward on Right. Rock back on Left.  
&3 – 4 Step Right beside Left. Rock back on Left. Rock forward on Right.  
5 – 6 Step forward on Left. Pivot 1/2 turn Right.  
7&8 Cross step Left over Right. Step Right to Right side. Cross step Left over Right. (Facing 3 o'clock)

**Start Again**

**Contact: [www.robbiemh.co.uk](http://www.robbiemh.co.uk)**