

# Keep Moving

Count: 32

Wall: 2

Level: Easy Intermediate

Choreographer: Janet (Zhen Zhen) Ge (CN) - July 2025

Music: Uprise - 0-ARENS ARTIST

(1 Tag, 1 Restart)

Intro: 32 counts (Approx 11 secs)

## Section 1 Dorothy Step R-L, Syncopated Jazz Box, Side Shuffle

12& Step right to diagonal R, step left lock behind right, step right to diagonal R  
34& Step left to diagonal L, step right lock behind left, step left to diagonal L  
56&7 Cross right over left, step left back, step right to side, cross left over right  
8&1 Step right to side, step left together, step right to side

## Section 2 3/8 Turn L Sailor Step, Skate (x2), Forward, Touch, Sweep, 1/4 Turn R Sailor Step

2&3 Cross left behind right, 1/4 turn L stepping right next to left, 1/8 turn L stepping left forward (7:30)  
45 Skate right forward, skate left forward  
6&7 Step right forward, touch left behind right, step left in place sweeping right from front to back  
8&1 1/4 Turn R stepping right back, step left next to right, step right forward (10:30)

## Section 3 Mambo Cross, 3/8 Turn L Weave, Rock, Full Turn R, 1/8 Turn R forward

2&3 Rock left to side, recover on right, cross left over right  
4&5 1/8 Turn L stepping right back (9:00), 1/4 turn L stepping left to side (6:00), cross right over left  
67 Rock left to side, 1/4 turn R recovering on right (9:00)  
8&1 1/2 Turn R stepping left back (3:00), 1/4 turn R stepping right to side (6:00), 1/8 turn R stepping left forward (7:30)

## Section 4 Back/Sweep, Back/Sweep, 1/8 Turn L Sailor Step, Forward Rock, Side Rock, Back, Touch

23 Step right back sweeping left from front to back, step left back sweeping right from front to back  
4&5 Step right back, 1/8 turn L stepping left next to right (6:00), step right forward  
6&7& Rock left forward (\*Restart) , recover on right, rock left to side, recover on right,  
8& Rock left back, touch right front/beside left

\*Restart: On after 30 counts of Wall 4 (Facing to 12:00)

Tag: On after wall 5 (Facing to 6:00)

12 Step right to right with sway, sway L

Contact Email: 93806188@qq.com