

# Keep It Groovin'

**Count:** 64      **Wall:** 4      **Level:** High Intermediate  
**Choreographer:** Scott Blevins and Jo Thompson Szymanski (October 2016)  
**Music:** Keep It Groovin' by Extreme Music - Album: Superfunk

## #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, ¼ LEFT, ½ LEFT, ½ LEFT, PREP, ½ RIGHT, ½ 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 ¼ left stepping L forward [9:00]; 4) Turn ½ left stepping R back [3:00]  
5-6            5) Turn ½ left stepping L forward [9:00]; 6) Step R forward prepping for right turn  
7-8            7) Turn ½ right stepping L back [3:00]; 8) Turn ½ right stepping R forward [9:00]

#### [17-24] STEP, ½ PIVOT, TRIPLE FORWARD, ½ LEFT HIP CIRCLE, HIP BUMP, STEP, ½ LEFT

1-2            1) Step L forward; 2) Turn ½ 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 ½ turn left [9:00]  
6                6) Touch L toe slightly forward bumping L hip forward  
7-8            7) Step down on L; 8) Turn ½ left stepping R back [3:00]

#### [25-32] L TOE STRUT BACK w/SWIM, R TOE STRUT BACK w/SWIM, ¼ RIGHT, SHAKE, ½ 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 ¼ 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 ½ turn left on L  
&                &) Turn ½ left on L [12:00]

**RESTART after this ½ 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]

#### [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.**