



Kristen Flood  
Ph: 0424 844 523  
E: [applejax86@hotmail.com](mailto:applejax86@hotmail.com)

W: [www.facebook.com/applejaxdancers](http://www.facebook.com/applejaxdancers)



## Got to Keep A Movin'

**Choreographer:** Kristen Flood, Sydney – December 2017  
**Song:** Break My Stride – 3min 1sec  
**Artist:** Jessica Mauboy  
**Album:** The Secret Daughter Season Two Soundtrack  
**Description:** 32 count, 4 wall, Easy Intermediate Line Dance, Clockwise  
**YouTube:** <https://youtu.be/o6p4hAwwBkc>

*Start weight on L. Commence dance at 0:18 on lyrics*

- (1-8) SIDE TOGETHER, BACK SHUFFLE, SIDE TOGETHER, FWD SHUFFLE**  
1, 2, 3 & 4 Step R to R side, step L next to R, shuffle back R, L R  
5, 6, 7 & 8 Step L to L side, Step R next to L, shuffle fwd L, R, L
- (9-16) MAMBO FWD, MAMBO BACK, SIDE TOGETHER CROSS, SIDE TOGETHER CROSS**  
1 & 2, 3 & 4 Rock R fwd, replace L back, step R next to L, Rock L back, replace R fwd, step L next to R  
5 & 6, 7 & 8 Step R to R side, step L next to R, cross R over L, Step L to L side, step R next to L, cross L over R
- (17-24) ROCK, REPLACE, BEHIND SIDE CROSS x2**  
1, 2, 3 & 4 Rock R to R side, replace L to L side, step R behind L, step L to L side, step R across L  
5, 6, 7 & 8 Rock L to L side, replace R to R side, step L behind R, step R to R side, step L across R
- (25-32) ¼ MONTEREY, HEEL HOOKS x2**  
1, 2 & 3, 4 & Point R toe to R side, hold, make ¼ R step R next to L (3:00), point L toe to L side, hold, step L next to R  
5 & 6 & 7 & 8 & Place R heel fwd at R 45°, hook R heel across L, place R heel fwd at R 45°, step R next to L, Place L heel fwd at L 45°, hook L heel across R, place L heel fwd at L 45°, step L next to R

### RESTART DANCE

No tags or restarts! Enjoy ☺