

Keep On Lovin' You

Choreographers: Casey & Sharon Parker
Address: 11168 Loduca Dr, Manteca, CA. 95336
Rhythm & Phase: STS IV+1 (triple traveler)
Music: I Keep On Lovin' You, by Reba McEntire (3:15 length)
download itunes, from the album "Keep On Lovin' You" (bonus track)
Speed: Slowed 8% for comfort [abt 41 RPM]
Sequence: Intro-A-B(1-8)-Int-A-B-C-B-A(1-8)-End

Telephone: 209-234-6844
email: trustme@pacbell.net
Difficulty: Average

Released: Nov. 2011 Rev. 1.1

See Note on last page for options to eliminate some of W's turns

Introduction

1-4 Wait 2 meas shadow WALL both Rt foot free ;; Sd Draw R & Hold; Roll Lady Out to LOD;

- 1-2 {Wait} Wait 2 measures both fcg wall M bhd W and both R ft free M's hnds on W's upper arms W's hands cross in front;;
3 {Slow Sd Draw R} Sd R, -, Draw L to R, -;
4 {Roll W Out LF} leading W to roll LF Sd L, -, - to sd by sd pos M's L W's R hnd joined both fcg wall; (Sd L being LF roll, -, small sd & fwd R cont trn, small sd L to sd by sd pos fcg wall;)

5-8 Slow Cross Check; Slow Rec; Roll Lady RF M Trans to CP WALL; Sd Draw to RLOD & Hold;

- 5 {Slow Cross Ck} XRIFL stretching twd LOD, -, -; (XRIFL stretching twd LOD and sweeping L arm out to LOD, -, -;)
6 {Slow Recover} Rec L, -, Pointing R twd RLOD, -; (Rec L bring L arm in front of body, -, -;)
7 {Roll W RF} Leading W to roll RF Rk Sd R, -, Sd L, - to CP WALL; (rolling RF Sd & Fwd R, -, cont RF trn small sd L, cont RF trn small sd R to CP WALL;)
8 {Slow Sd Draw R} Sd R, -, Draw L to R, -;

Part A

1-8 Basic ;; Pivot SQQ; Basic End ; LF Trn Insd Roll; Basic End; Undrm Trn; to hndshk Op Brk;

- 1-2 {Basic} Sd L, -, XRIBL (XLIBR), Rec L; Sd R, -, XLIBR (XRIBL), Rec R beginning to manu in front of W;
3 {Pivot SQQ} Pvtg RF Bk L, -, cont Pvt Fwd R, Sd & Fwd L to fc WALL; (Pvtg RF Fwd R, -, cont Pvt Bk L, Sd R to fc COH;)
4 {Basic End} Sd R, -, XLIBR (XRIBL), Rec R beginning to pickup W;
5 {LF Trn Inside Roll} Fwd L trng LF to fc COH, -, Sd R, XLIFR twd LOD; (W Bk R trg LF, -, Sd & Fwd L trng LF under jnd lead hnds, Sd R cont trng LF to fc ptr;)
6 {Basic End} Sd R to CP COH, -, XLIBR (XRIBL), Rec R;
7 {Underarm Trn} Sd L leading W to trn RF under jnd lead hnds, -, XRIBL, Rec L to hndshk; (Sd R commence RF trn under jnd lead hnds, -, cross L over R to cont RF trn half, Rec Fwd R to fc ptr;)
8 {Op Break} Sd R, -, Apt L, Rec R;

9-12 Chg Sd & Lady Insd Roll; Op Brk; Chg Sd & Lady to skaters; Wheel;

- 9 {Chg Sd w/Lady Inside Roll} leading W to trn LF under jnd R hnds & M begin trng RF Sd & Fwd L, -, cont RF trn Sd R to fc WALL, XLIFR; (Fwd R spiraling LF under jnd R hnds, -, Sd & Fwd L twd RLOD cont LF trn, Sd & Bk R cont trn to fc ptr;)
10 {Op Break} handshake Sd R, -, Apt L, Rec R;
11 {Chg Sd & Lady to skaters} leading W to turn LF under jnd R hnds M trn RF Sd & Fwd L, -, cont RF trn Fwd R releasing jnd R hnds, cont trn Fwd L to skaters DLC joining L hnds; (Fwd R Spiraling LF under jnd R hnds, -, cont LF trn small Sd & Fwd L releasing jnd R hnds, Sd & Bk R to skaters DLC and bringing R arm down in front of body;)
12 {Wheel} cont RF trn in skaters wheel Fwd R, -, Fwd L, Fwd R to fc wall; (with slow R arm sweep out to sd wheel Bk L, -, Bk R, Bk L;)

13 Ck M trans to shadow wall;

- 13 {Ck M trans to tandem} Ck Fwd L, -, LF Rec R to shadow WALL same footwork, -; (Ck Bk R, -, Rec Sd & Fwd L, XRIFL to shadow wall W in front of M;) [opt trn for W - Ck Bk R, -, with strong LF trn Rec L spinning LF, cont spin to fc WALL in shadow Cks R;]

Part B

1-4 [same footwork] Shad Lunge Basic 2x;; Shad Lunge Basic Lady trans to fc; Basic End;

- 1-2 {L Ft Shad Lunge Basics} Lunge Sd L sweeping L arm out to Sd, - Rec R, XLIFR; Lunge Sd R sweeping R arm out to Sd, -, Rec L, XRIFL; (Lunge Sd L sweeping L arm out to Sd, - Rec R, XLIFR; Lunge Sd R sweeping R arm out to Sd, -, Rec L, XRIFL;)
3 {Lady trans to fc} Lunge Sd L sweeping L arm out to sd and placing R hand on the top outside of W's R arm, -, leading W to trn RF small Rec R, small XLIFR; (Lunge Sd L sweeping L arm out to sd, -, Rec R trng RF to fc ptr, Tch L to R;)
4 {Basic End} Sd R to CP WALL -, XLIBR (XRIBL), Rec R;

5-8 Fwd Lady Inside Roll; W Break Bk M Undrm to LOP RLOD; Fwd Lady Outsd Roll to CP; Basic End;

- 5 {*Fwd Lady Inside Roll*} Fwd L leading W to trn LF under jnd lead hnds, - Fwd R, Fwd L; (Fwd R spiraling LF under jnd lead hnds, Sd & Fwd L twd LOD, Sd R to fc ptr;)
- 6 {*Break M Underm*} Fwd R trng LF under jnd lead hnds, -, Rec Fwd L twd RLOD to LOP, Fwd R; (trng LF to fc RLOD Ck Bk L, -, Rec Fwd R to LOP, Fwd L;)
- 7 {*Fwd Lady Outsd Roll*} bringing jnd M's L & W's R hnds down and bk lead W to start RF trn Fwd L, -, leading W to cont trn RF under joined lead hnds Fwd R trng to fc ptr, XLIFR; (Fwd R trng RF to fc ptr, -, Sd L spiraling RF under joined lead hnds, Sd & Fwd R to fc ptr;)
- 8 {*Basic End*} Sd R to CP WALL, -, XLIBR, Rec R; (Sd L, -, XRIBL, Sd L;); [*1st time end CP Wall - 2nd & 3rd time end picking up W to CP LOD*]

9-16 Traveling Cross Chasse 4x to fc wall ;;;; Lunge & Roll RLOD to fc; Basic End; Open Basic 2x;;

- 9-11 {*Traveling Cross Chasse*} blending to low BFLY LOD Sd & Fwd L blending to R shldr lead, -, Sd & Fwd R DLW, XLIFR (XRIFL); Fwd LOD R blending to L shldr lead, -, Sd & Fwd L DLW, XRIFL (XLIFR); Sd & Fwd LOD L blending to R shldr lead, -, Sd & Fwd R DLW, XLIFR (XRIFL);
- 12 {*to fc wall*} Fwd LOD R trng blending to L shldr lead, -, Sd & Fwd R cont trn to fc WALL, XLIFR (XRIFL);
- 13 {*Lunge & Roll*} Lunge Sd L twd LOD, -, Rec Sd & Fwd R commence RF (LF) roll twd RLOD, Sd & Bk L cont RF (LF) roll to fc ptr;
- 14 {*Basic End*} to CP WALL Sd R, -, XLIBR (XRIBL), Rec R;
- 15-16 {*Op Basic 2x*} Sd L to Lf Half OP Pos, -, XRIBL, Rec L to fc; Sd R to Half OP Pos, -, XLIBR, Rec R; (Sd R to Lf Half OP Pos, -, XLIBR, Rec R to fc; Sd L to Half OP Pos, -, XRIBL, Rec L;); [*1st time end CP WALL - 2nd time end picking up W to fc LOD*]

Interlude

1-4 Basic ;; Pivot SQQ; Sd R Draw & Hold;

- 1-2 {*Basic*} Sd L, -, XRIBL (XLIBR), Rec L; Sd R, -, XLIBR (XRIBL), Rec R beginning to manu in front of W;
- 3 {*Pivot SQQ*} Pvtg RF Bk L, -, cont Pvt Fwd R, Sd & Fwd L to fc WALL; (Pvtg RF Fwd R, -, cont Pvt Bk L, Sd R to fc COH;)
- 4 {*Slow Sd Draw R*} Sd R, -, Draw L to R, -;

Part C

1-4 Triple Traveler;;; Basic End; to rlod Triple Traveler;;; Rk Lady Trn Trans shadow;

- 1-3 {*Triple Traveler*} blending to CP LOD Fwd L trng slight LF to fc DLC, -, leading W to trn LF under jnd lead hnds Sd & Fwd R, Fwd L; (Bk R trng LF, -, Sd L trng LF under jnd lead hnds, cont LF trng Bk R to fc WALL;) Fwd R spiraling LF under jnd lead hnds, -, Fwd L, Fwd R; (W trn to fc LOD Fwd L, -, Fwd R, Fwd L;); Fwd L bringing jnd M's L & W's R hnds down and bk lead W to start RF trn, -, leading W to cont trn RF under joined lead hnds Fwd R beginning trn to fc ptr, XLIFR to fc ptr; (Fwd R commence R turn, -, Sd & Bk L trng RF under jnd lead hnds, cont RF trn Fwd R;)
- 4 {*Basic End*} Sd R, -, XLIBR (XRIBL), Rec R beginning to pickup W;
- 5-7 {*Triple Traveler*} blending to CP RLOD Fwd L trng slight LF to fc DRW, -, leading W to trn LF under jnd lead hnds Sd & Fwd R, Fwd L; (Bk R trng LF, -, Sd L trng LF under jnd lead hnds, cont LF trng Bk R to fc WALL;) Fwd R spiraling LF under jnd lead hnds, -, Fwd L, Fwd R; (W trn to fc RLOD Fwd L, -, Fwd R, Fwd L;); Fwd L bringing jnd M's L & W's R hnds down and bk lead W to start RF trn, -, leading W to cont trn RF under joined lead hnds Fwd R beginning trn to fc ptr, XLIFR to fc ptr; (Fwd R commence R turn, -, Sd & Bk L trng RF under jnd lead hnds, cont RF trn Fwd R;)
- 8 {*Rks Lady Trn Trans shadow*} Rk Sd R chg lead hnds palm to palm, -, Rec Sd L leading W to trn 1/2 RF, Rec Sd R placing hnds on W's waist; (Rk Sd L chg lead hnds palm to palm, -, Rec Sd R trng 1/2 RF to fc WALL, Tch L;)

Ending

1-4 Chg Sd & Insd Roll; Op Brk; M Tch & wrap W ~ Slow Rk L & R ~ Hold;;

- 1 {*Chg Sd w/Lady Inside Roll*} leading W to trn LF under jnd R hnds & M begin trng RF Sd & Fwd L, -, cont RF trn Sd R to fc WALL, XLIFR to hndshake; (Fwd R spiraling LF under jnd R hnds, -, Sd & Fwd L twd RLOD cont LF trn, Sd & Bk R cont trn to fc ptr;)
- 2 {*Op Break*} Sd R, -, Apt L, Rec R;
- 3-4 {*Slow Rks & Hold*} leading W to trn LF to tandem WALL Tch L putting arms around W (Fwd R trng LF to tandem WALL, -, Sd L (Sd L), -; Sd R (Sd R), -, -; -;

Introduction

- 1-4 Wait 2 meas shadow WALL both Rt foot free ;; Sd Draw R & Hold; Roll Lady Out to LOD;
5-8 Slow Cross Check; Slow Rec; Roll Lady in to CP WALL; Sd Draw R & Hold;

Part A

- 1-8 Basic [maneuvering] ;; Pivot SQQ; Basic End [picking up]; LF Trn Insd Roll; Basic End; Undrm Trn to hndshk; Op Brk;
9-12 Chg Sd & Lady Insd Roll ; Op Brk; Chg Sd to skaters; Wheel;
13 Ck M tras to tandem;

Part B (1-8)

- 1-4 [same footwork] Shad Lunge Basic 2x;; Shad Lunge Basic Lady trans to fc; Basic End;
5-8 Fwd Lady Inside Roll; W Break Bk M Undrm; Fwd Lady Outsd Roll to CP; Basic End;

Interlude

- 1-4 Basic [maneuvering] ;; Pivot SQQ; Sd R Draw & Hold;

Part A

- 1-8 Basic [maneuvering] ;; Pivot SQQ; Basic End [picking up]; LF Trn Insd Roll; Basic End; Undrm Trn to hndshk; Op Brk;
9-12 Chg Sd & Lady Insd Roll ; Op Brk; Chg Sd to skaters; Wheel;
13 Ck M tras to tandem;

Part B

- 1-4 [same footwork] Shad Lunge Basic 2x;; Shad Lunge Basic Lady trans to fc; Basic End;
5-8 Fwd Lady Inside Roll; W Break Bk M Undrm; Fwd Lady Outsd Roll to CP; Basic End [picking up];
9-16 Traveling Cross Chasse 4x to fc wall;;; Lunge & Roll rld to fc; Basic End; Open Basic 2x [picking up] ;;

Part C

- 1-4 Triple Traveler;;; Basic End [picking up]; to rld Triple Traveler;;; Rk Lady Trn Trans shadow;

Part B

- 1-4 [same footwork] Shad Lunge Basic 2x;; Shad Lunge Basic Lady trans to fc; Basic End;
5-8 Fwd Lady Inside Roll; W Break Bk M Undrm; Fwd Lady Outsd Roll to CP; Basic End [picking up];
9-16 Traveling Cross Chasse 4x to fc wall ;;;; Lunge & Roll rld to fc; Basic End; Open Basic 2x;;

Part A(1-8)

- 1-8 Basic [maneuvering] ;; Pivot SQQ; Basic End [picking up]; LF Trn Insd Roll; Basic End; Undrm Trn to hndshk; Op Brk;

Ending

- 1-4 Chg Sd & Insd Undrm Roll; Op Brk; M Tch & wrap W ~ Slow Rk L & R ~ Hold;;

**** Notes: Below are options to remove some of the turning and spins for the Woman**

Intro measure 7: Woman Sd & Fwd R trng to fc ptr, -, Sd L, XRIFL;

Part A measure 9: Woman Fwd R trng LF under jnd lead hnds, -, to fc ptr Sd L, XRIFL;

Part B measure 5: Woman Fwd L, -, Thru R begin LF trn, Sd & Bk R;

Part B measure 13: Woman Lunge Sd R, -, Rec L, XRIFL;