**Keep On Lovin' You**

Choreographers: Casey & Sharon Parker

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Rhythm & Phase: STS IV+1 (triple traveler)

Music: I Keep On Lovin' You, by Reba McEntire (3:15 length)

Speed: Slowed 8% for comfort [abt 41 RPM]

Sequence: Intro-A-B-(1-8)-Int-A-B-C-B-(1-8)-End

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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 & fwrd 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 stretching 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} Ptvng RF Bk L, - , cont Ptv Fwd Sd, Sd & Fwd L to fc WALL; (Ptvng RF Fwd R, - , cont Ptv Bk L, Sd R to fc COH;)

4  
{Basic End} Sd R, - , XLIBR (XRIBL), Rec R beginning to pickup W;

5  
{LF Trn Insd Roll} Fwd L trng LF to fc COH, - , Sd R, XLIBR trwd 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  
{Undrm 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, XLIBR; (Fwd R spiralng LF under jnd R hnds, - , Sd & Fwd L twwd 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} Sd L leading W 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 Spiralng 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, XLIBR to shadow wall W infront of M;) [opt trn for W - Ck Bk R, - , with strong LF trn Rec L spinning LF, cont spin to fc WALL in shadow Cls 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, XLIBR; Lunge Sd R sweeping R arm out to Sd, - , Rec L, XRIFL; (Lunge Sd L sweeping L arm out to Sd, - , Rec R, XLIBR; 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 XLIBR; (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 Outsdt 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, Bd & Fwd L twd LOD, Bd R to fc ptr;)
6 **(Break M Undrm)** 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 Outsdt 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 LF under joined lead hnds Fwd R trng to fc ptr, XLIFR; (Fwd R trng LF to fc ptr, - Bd L spiraling LF under joined lead hnds, Bd & Fwd R to fc ptr;)
8 **(Basic End)** Bd R to CP WALL, - XLIBR, Rec R; (Bd L, - XRIBL, Bd 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 Bd & Fwd L blending to R shldr lead, - Bd & Fwd R DLW, XLIFR (XRIFL); Fwd LOD R blending to L shldr lead, - Bd & Fwd L DLW, XLIFR (XRIFL); Bd & Fwd LOD R blending to R shldr lead, - Bd & Fwd R DLW, XLIFR (XRIFL);
10 **(to fc wall)** Fwd LOD R trng blending to L shldr lead, - Bd & Fwd R cont trn to fc WALL, XLIFR (XRIFL);
11 **(Lunge & Roll)** Lunge Bd L twd LOD, - Rec Bd & Fwd R commence RF (LF) roll twd RLOD, Bd & Bk L cont RF (LF) roll to fc ptr;
12 **(Basic End)** to CP WALL Bd R, - XLIBR (XRIBL), Rec R;
15-16 **(Op Basic 2x)** Bd L to Lf Half OP Pos, - XRIBL, Rec L to fc; Bd R to Half OP Pos, - XRIBL, Rec R; (Bd R to Lf Half OP Pos, - XRIBL, Rec R to fc; Bd 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; Bd R Draw & Hold;**  
1-2 **(Basic)** Bd L, - XRIBL (XLIBR), Rec L; Bd R, - XRIBL (XRIBL), Rec R beginning to manu in front of W;
2 **(Pivot SQQ)** Ptvg RF Bd L, - cont Ptv Fwd R, Bd & Fwd L to fc WALL; (Ptvg RF Fwd R, - cont Ptv Bk L, Bd R to fc COH;)
3 **(Slow Bd Draw R)** Bd R, - Draw L to R, - ;

**Part C**

1-4 **Triple Traveler;; Basic End; to rloR 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 Bd & Fwd R, Fwd L; (Bk R trng LF, - Bd 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, - Bd & L trng RF under jnd lead hnds, cont RF trn Fwd R;)
4 **(Basic End)** Bd R, - XRIBL (XLIBR), Rec R beginning to pickup W;
5-7 **(Triple Traveler)** blending to CP LOD Fwd L trng slight LF to fc DRW, - leading W to trn LF under jnd lead hnds Bd & Fwd R, Fwd L; (Bk R trng LF, - Bd 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, - Bd & Bk L trng RF under jnd lead hnds, cont RF trn Fwd R;)
8 **(Rks Lady Trn Trans shadow)** Rk Bd R chg lead hnds palm to palm, - , Rec Bd L leading W to trn 1/2 RF, Rec Bd R placing hnds on W's waist; (Rk Bd L chg lead hnds palm to palm, - , Rec Bd R trng 1/2 RF to fc WALL, Tch L;)

**Ending**

1-4 **Chg Bd & Insd Roll; Op Brk; M Tch & wrap W ~ Slow Rk L & R ~ Hold;;**  
1 **(Chg Bd w/Lady Inside Roll)** leading W to trn LF under jnd R hnds & M begin trng RF Bd & Fwd L, - cont RF trn Bd R to fc WALL, XLIFR to hndshade; (Fwd R spiraling LF under jnd R hnds, - Bd & Fwd L twd RLOD cont LF trn, Bd & Bk R cont trn to fc ptr;)
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, - Bd L (Bd L), - ; Bd R (Bd R), - , - ;

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Keep On Lovin' You (Parker)

Page2
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 hdshk; 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 Outsdl 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 hdshk; Op Brk;
9-12 Chg Sd & Lady Insd Roll ; Op Brk; Chg Sd to skaters; Wheel;
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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 Outsdl 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 Outsdl 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 hdshk; 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;