

S.T.F.U.

Count: 64

Wall: 2

Level: Improver

Choreographer: Ryan Hunt (UK) - October 2025

Music: Keep on Steppin - 'Mike Clark Jr'



Intro: 32 counts (after 16 seconds)

Note: In the context of this dance (at least), S.T.F.U. = "Step, Turn, Funk it Up!"

R Heel Taps x4, L Heel Taps x 4

- 1-4 Step R into R diagonal and tap the R heel 4 times (1-2-3-4)
- 5-8 Step L into L diagonal and tap the L heel 4 times (5-6-7-8)

Rock Forward, Recover, Shuffle 1/2, Rock Forward, Recover, Shuffle 1/2

- 1-2 Rock R forward (1), Recover L (2)
- 3&4 Make 1/4 R stepping R to R (3) [3:00], Close L next to R (&), Make 1/4 R stepping R forward (4) [6:00]
- 5-6 Rock L forward (5), Recover R (6)
- 7&8 Make 1/4 L stepping L to L (7) [3:00], Close R next to L (&), Make 1/4 L stepping L forward (8) [12:00]

Jazz Box 1/4 x2

- 1-4 Cross R over L (1), Make 1/4 R stepping L back (2) [3:00], Step R to R (3), Step L next to R (4)
- 5-8 Cross R over L (5), Make 1/4 R stepping L back (6) [6:00], Step R to R (7), Step L next to R (8)

Jump Out, HOLD, Heel Bounce x2, Moonwalk w/ Step Together

- &1-2 Step Forward/Out with R (&), Step Forward/Out with L (1), HOLD (2)
- 3-4 Bounce both heels twice (3-4)
- 5-6 Push back on R as you slide L foot back (5), Push back on L as you slide R foot back (6)
- 7-8 Push back on R as you slide L foot back (7), Close L next to R (8).

Toe Strut, Step 1/2 Pivot, Toe Strut, Full Turn Forward

- 1-2 Touch R toes forward (1), Drop R heel (2)
- 3-4 Step L forward (3), Make 1/2 R taking weight onto R (4) [12:00]
- 5-6 Touch L toes forward (5), Drop L heel (6)
- 7-8 Make 1/2 L stepping R back (7) [6:00], Make 1/2 L stepping L forward (8) [12:00]

Toe Strut, Step 1/2 Pivot, Toe Strut, Full Turn Forward

- 1-2 Touch R toes forward (1), Drop R heel (2)
- 3-4 Step L forward (3), Make 1/2 R taking weight onto R (4) [6:00]
- 5-6 Touch L toes forward (5), Drop L heel (6)
- 7-8 Make 1/2 L stepping R back (7) [12:00], Make 1/2 L stepping L forward (8) [6:00]

Dorothy Steps x2, Rocking Chair

- 1-2& Step R to R diagonal (1), Cross/Lock L behind R (2), Quickly step R in place (&)
- 3-4& Step L to L diagonal (3), Cross/Lock R behind L (4), Quickly step L in place (&)
- 5-8 Rock R forward (5), Recover on L (6), Rock R back (7), Recover on L (8) (*)

Side, HOLD, Ball Side Touch, Hip Bumps x3, Flick Behind

- 1-2 Step R to R (1), HOLD (2)
- &3-4 Quickly close L next to R (&), Step R to R (3), Touch L next to R (4)

5-8 Step L to L as you bump hips L (5), bump hips R (6), bump hips L (7) (**), Flick R behind L (8)

**Tag/Restart: After 56 counts of Wall 4 (*) facing 12:00, dance the following 8 count tag and then restart:
Side, HOLD x7 w/ Double Clap**

1-2 Step R to R and HOLD as you Double Clap to the music (1&2&3&4&5&6&7&8&)

Ending – After 63 counts of Wall 5 () facing 6:00, touch R toes behind L heel and unwind 1/2 R to finish on 12:00**
