

Keep Me Up!

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Ann-Kristin Sandberg (NOR) - December 2014

Musik: She Keeps Me Up - Nickelback : (iTunes)



INTRO : 16 Counts

WALK x 3-TWIST HEELS-SHUFFLE BACK R-SHUFFLE BACK L

- 1-2 Step right foot forw, Step left foot forw
- 3&4 Step right foot forw, Twist both heels to right, Heels back to center
- 5&6 Step right foot back, Step left next to right, Step right foot back
- 7&8 Step left foot back, Step right next to left, Step left foot back

ROCK RECOVER-KICK RIGHT & LEFT-PIVOT ½ TURN L-PIVOT ½ TURN L

- 1-2 Step right foot back, Recover onto left
- 3&4& Kick right foot forw, Step right next to left, Kick left foot forw, Step left next to right
- 5-6 Step right foot forw, Pivot ½ turn left (06)(weight on left)
- 7-8 Step right foot forw, Pivot ½ turn left (12)(weight on left)

RESTART ON WALL 9, FACING [12.00]

CHASSE R-CHASSE L WITH ¼ TURN-OUT-OUT-HEELS UP/DOWN

- 1&2 Step right foot to right side, Step left next to right, Step right to right side
- 3&4 ¼ turn left stepping left to left side, Right next to left, Left to left side (09)
- 5-6 Step right to right side, Step left to left side
- &7 Lift both heels up (bend knees), Heels down
- &8 Lift both heels up (bend knees), Heels down

STEP-1/4 TURN L-STEP-1/4 TURN L-BUMP HIPS R&L

- 1-2 Step right foot forw, Pivot ¼ turn left (06)
- 3-4 Step right foot forw, Pivot ¼ turn left (03)
- 5-6 Bump right hip to right side twice (weight on right foot)
- 7-8 Bump left hip to left side twice (weight on left foot)

Restart : Wall 9 after 16 counts facing 12

ENJOY!

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