Keep Your Head Up



Count: 48 Wand: 4 Ebene: Country Newcomer / Novice

Choreograf/in: John Macherel (CH) - August 2014

Musik: Keep Your Head Up - Andy Grammer: (Special Edit)



Count In: 16 counts

[1-8]□STEP, STEP, SHUFFLE, STEP, STEP, SHUFFLE

1-2 Step right diagonally right, step left diagonally left;

3&4 Shuffle diagonally right (right, left, Right);

5-6 Left foot diagonally left, right foot diagonally right;

7&8 Shuffle diagonally left (left,right,left);

[9-16]□CROSS STEP, STEP BACK, SHUFFLE, CROSS STEP, STEP BACK, SHUFFLE, 1/4 TURN LEFT

1-2 Cross right foot over left foot, left foot back;

3&4 Shuffle to right side (right,left,right); 5-6 Cross left over right, right back;

7&8 Shuffle to left side (left,right,left) and 1/4 turn left;

[17-24]□STEP, STEP, ANCHOR STEP, ½ TURN, ½ TURN, COASTER STEP

1-2 Step right forward, Step left forward;

3&4 Right foot behind left foot, back on left foot, step right back; 5-6 1/2 turn left and step left forward, 1/2 turn left and step right back;

7&8 Left foot back, right foot next to left foot, left foot forward;

[25-32]□STEP & BUMP, RETURN, STEP TOGETHER, STEP & BUMP, RETURN, STEP TOGETHER, LOCK, 1/2 TURN, STEP RUNNING L-R-L

1-2 Step right diagonally right with bump, recover weight on left foot;

&3-4 Right foot next to left foot, left foot diagonally left with bump, recover weight on right foot;

&5-6 Left foot next to right foot, right foot behind left (Lock), 1/2 turn right;

7&8 Step running left, right, left

RESTART: In the second wall (12:00) after 32 counts.

[33-40]□STEP, RETURN, STEP 2X, RETURN, STEP, RETURN, STEP 2X, RETURN

1-2 Right foot forward, recover on left foot;

Right foot back, left foot back, recover on right foot; &3-4

5-6 Left foot forward, recover on right foot;

&7-8 Left foot back, right foot back, recover on left foot;

[41-48]□POINT, HITCH, STEP, POINT, HITCH, STEP, STEP, TOGETHER, STEP CROSS, ½ TURN

RIGHT

Point right foot diagonally forward, Hitch right foot, step right foot diagonally forward; 1&2 3&4 Point left foot diagonally forward, Hitch left foot, step left foot diagonally forward;

Right foot diagonally to the right, left foot diagonally to the left; 5-6

&7-8 Step right beside left, cross left foot over right, 1/2 turn right (weight on left);

START AGAIN, HAVE FUN!