

# Keep Up!

Count: 48

Wand: 4

Ebene: Improver

Choreograf/in: Shirley Blankenship (USA) & K. Sholes (USA) - August 2020

Musik: Keep Up - Raelynn



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## Section 1: Walk, Walk, Shuffle, Rock, Recover, Coaster

1 2 3&4 Walk RL forward, Step R forward, Step L next to R, Step R forward,  
5 6 7&8 Rock L forward, Recover R, Step LR back, Step L forward.

## Section 2: Rock, Recover, Kick ball change, 1/4 turn Heel-dig, Shuffle

1 2 3&4 Rock R forward, Recover L, Kick R forward, Step on RL,  
5 6 7&8 Grind R heel, Turn 1/4 right on R, Step L forward, Step R next to L, Step L forward.

## Section 3: Box Step X2, Rocking Chair

1&2 3&4 Step R to side, Step L next to R, Step R forward, Step L to side, Step R next to L, Step L forward,  
5-8 Rock R forward, Recover L, Rock R back, Recover L.

## Section 4: Step, 1/4 Pivot (X2 ), V-Step,

1-4 Step R forward, Pivot 1/4 left, Step R forward, Pivot 1/4 left,  
5-8 Step R forward/out, Step L forward/out, Step R back/in, Step L back/in.

## Section 5: Rock, Recover, Cross Cha Cha Cha X2

1 2 3&4 Rock R to side, Recover L, Step R over L, Step L to side, Step R over L,  
5 6 7&8 Rock L to side, Recover R, Step L over R, Step R to side, Step L over R.

## Section 6: Double Heel tap, Double Toe tap, Hip Bumps

1-4 Tap R heel forward twice, Tap R toe back twice,  
5-8 Bump hips to right twice, Bump hips to left twice.

**Begin Again! It's All About Fun!**

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