

# Keep Up Country Girl

Count: 48

Wand: 4

Ebene: Intermediate

Choreograf/in: Michael Schmidt (DE) - August 2020

Musik: Keep Up - RaeLynn



**Intro: 24c, No Tag, No Restart, Easy Finish**

**Alternative: Cool Drink Of Water – Brooks & Dunn [112 bpm] (03:05) - Intro: 16c**

**Info: (Mainsong) Start the Dance after 24 counts on vocals.**

## **[1-8] Side, Behind & Heel & Cross (R + L)**

- 1-2 Step R side, Cross L behind R
- &3&4 Step R side & Touch L (diag.) forward, Step L beside R & Cross R over L
- 5-6 Step L side, Cross R behind L
- &7&8 Step L side & Touch R (diag.) forward, Step R beside L & Cross L over R

## **[9-16] Rock R, Shuffle Back R 1/2 Turn R, Step L, 1/2 Turn R, Shuffle Back L 1/2 Turn R**

- 1-2 Rock R forward, Recover onto L
- 3&4 ¼ Turn right stepping R side, Step L beside R, ¼ Turn right stepping R forward (06:00)
- 5-6 Step L forward, ½ Turn right (Weight to R) (12:00)
- 7&8 ¼ Turn R stepping L side, Step R beside L, ¼ Turn R stepping L back (06:00)

## **[17-24] Moving Backwards (Out-Out, In-In, Out-Out, In-Cross), Unwind 1/2 R, Kick R, Coaster Step R**

- &1&2 Step Out R & Step Out L (shoulder width), Step In R & Step L beside R
- &3&4 Step Out R & Step Out L (shoulder width), Step In R & Cross L over R

**Moving slightly backwards on the above 4 counts –**

**(Option: 1\* Jump Apart, 2\* Jump Together, 3\* Jump Apart, 4\* Jump Together Crossing L over R)**

- 5-6 Unwind ½ Turn R (Weight on L), Kick R slightly forward (12:00)
- 7&8 Step R back, Step L beside R & Step R forward

## **[25-32] Shuffle L, Step R, 1/2 Turn L, Shuffle R 1/2 Turn L, Sailor Point 1/4 Turn L**

- 1&2 Step L forward, Step R beside L & Step L forward
- 3-4 Step R forward, ½ Turn L (Weight to LF) (06:00)
- 5&6 ¼ Turn L stepping R side, Step L beside R, ¼ Turn L Stepping R back (12:00)

**\* Finish (Keep Up) in Round 7 (see below)**

- 7&8& Cross L behind R, ¼ Turn L stepping R side & Point (or Kick) L side, Step L beside R (09:00)

## **[33-40] Point (R + L), Heel (R + L), Dorothy Step (R + L)**

- 1&2& Point (or Kick) R side, Step R beside L, Point (or Kick) L side, Step L beside R
- 3&4& Touch R Heel forward, Step R beside L, Touch L Heel forward, Step L beside R
- 5-6& Step R forward, Lock L behind R, Step R forward
- 7-8& Step L forward, Lock R behind L, Step L forward

## **[41-48] Jazzbox R, Step L, Rock Toe & Step (R + L)**

- 1-4 Cross R over L, Step L back, Step R Side, Step L slightly forward
- 5&6 Rock R Toe forward, Recover onto Left & Step R forward
- 7&8 Rock L Toe forward, Recover onto R & Step L forward

**. . . repeat, smile & have fun**

**\* Finish (Keep Up): Round 7 (06:00) dance the first 30 counts (06:00) and add:  
Sailor Step 1/2 Turn L, Heel R**

7&8-1            Cross L behind R, ½ Turn L stepping R side & Step L forward, Touch R Heel forward (12:00)  
**and why not .... tap on the brim of your hat and greet the singers**

**Workshop "Stay Home & Dance 2020"**

Contact: hallokoala @ gmail.com

Channels Dance: coming soon

youtube: <https://www.youtube.com/user/BootsInTrouble/videos>

<https://www.youtube.com/channel/UCqOj9WcP-R8-om1uklJoZPA>

Last Update - 26 Aug. 2020

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