

# Keep Up

Count: 32

Wand: 4

Ebene: Intermediate hip hop

Choreograf/in: Junior Willis (USA)

Musik: Lose My Breath - Destiny's Child



## **KICK, ROCK STEP, STEP, KICK, ROCK STEP, STEP, WALK, WALK, MAMBO**

- 1&2& Kick right forward, step right back to home, rock left behind right, step right in place  
3&4& Kick left forward, step left back to home, rock right behind left, step left in place  
5-6 Walk forward right, walk forward left  
7&8 Mambo forward right-left-right (step right forward, left in place, right next to left)

## **STEP, SLIDE, STEP TOGETHER STEP, HEEL, TOE, STEP ¼ TURN, TOUCH**

- 1-2 Step left out to left while looking left, slide right next to left  
**Styling option: with palms down and wrists bent, lower left shoulder on step, lower right shoulder on slide**  
3&4 Step left slightly out to left, step right next to left, step left slightly out to left (still looking left)  
**Styling option: with palms down and wrists bent, lower left shoulder on step, lower right shoulder on together, lower left should on step**  
5-6 (Looking back to front) place right heel forward, touch right toe back  
7-8 Step right forward while making a ¼ turn to right (to 3:00 position), touch left out to left

## **SAILOR, HIP BUMP, HIP BUMP, HIP BUMP, STEP WITH PUNCH, STEP SWING ARM, TOUCH, STEP**

- 1&2 Sailor left-right-left (step left behind right, step right slightly out to right, step left next to right)  
3&4 Push hips out to left side, push hips back, push hips out to right side  
**Option #1: you could do a left body roll instead of the hip bumps**  
**Option #2: you could just do a hip roll instead of the hip bumps**  
5 Touch right out to right while punching right fist out to right and looking to right  
& Hitch right knee while bending right arm in at elbow and starting a to the right circular motion with arm  
6 Step right beside left while finishing circular motion with right arm, bringing it down to right side  
7 (Hands in fist position, bent at elbows in front of body), touch left out to left while looking left while lowering left shoulder  
&8 Hitch left knee while bringing arms back to front of body (still bent in fist position) and looking forward, step left next to right while placing arms down to sides

## **SYNCOPATED VINE WITH CROSS, SYNCOPATED VINE WITH CROSS**

- 1&2& Step right out to right, step left behind right, step right out to right, step left across in front of right  
3&4 Step right out to right, step left in place, step right across in front of left  
5&6& Step left out to left, step right behind left, step left out to left, step right across in front of left  
7&8 Step left out to left, step right in place, step left across in front of right

**REPEAT**

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