

# Keep Up

Count: 32

Wall: 4

Level: Beginner

Choreographer: Nelly Billes (DE) - February 2020

Music: Keep Up - RaeLynn



**No Tag. No Restart.**

## SECTION 1:

- 1 - 2 STEP FORWARD RIGHT - STEP FORWARD LEFT  
3&4 TOUCH FORWARD RIGHT - HEEL SPLIT (Hold the weight on the footballs and move both heels: in, out, in.)  
5 - 6 STEP BACK RIGHT - STEP BACK LEFT  
7&8 TOUCH BACK RIGHT - HEEL SPLIT (Hold the weight on the footballs and move both heels: in, out, in.)

## SECTION 2:

- 1 - 2 STEP OUT RIGHT - HIP BUMPS (Step right foot to right side, bumping hips right and left.)  
3&4 CROSS BEHIND - SIDE STEP LEFT - CROSS (Cross right behind left. Step left to the left. Cross right over left.)  
5 - 6 STEP OUT LEFT - HIP BUMPS (Step left foot to left side, bumping hips left and right.)  
7&8 CROSS BEHIND - SIDE STEP RIGHT - CROSS (Cross left behind right. Step right to the right. Cross left over right.)

## SECTION 3:

- 1 - 2 SIDE STEP RIGHT - 1/2 TURN LEFT - STEP FORWARD LEFT  
3&4 CROSS SHUFFLE (Cross right over left. Step left to left side. Cross right over left.)  
5 - 6 SIDE STEP LEFT (Step to the left and behind your knees slightly.) - HOOK RIGHT (Lift foot and cross in front of supporting leg.)  
7&8 SHUFFLE RIGHT (Step forward right. Close left beside right. Step forward right.)

## SECTION 4:

- 1 - 2 SIDE STEP LEFT - CROSS BEHIND (Cross right behind left.)  
&3&4 SIDE STEP LEFT - HEEL TOUCH RIGHT - CROSS (Cross left over right.)  
5 - 8 JAZZ BOX STOMP (Cross right over left. Step back on left. Step right to right side. Stomp forward left.)

**Have fun, enjoy the dance and do not forget to smile!**

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