

# Keep Up

**Compte:** 48

**Mur:** 2

**Niveau:** Improver

**Chorégraphe:** Laura Stanton (USA) & Stephen Pistoia (USA) - April 2020

**Musique:** Keep Up - RaeLynn : (iTunes)



**Intro: 24cts**

**No tags or restarts Weight starts on RF**

## **( 1-8 ) LEFT SHUFFLE RIGHT SHUFFLE SKATE LT RT LT WITH A ¼ TURN HITCH**

- 1&2 step LF forward – step RF next to LF – step LF forward  
3&4 step RF forward – step LF next to RF – step RF forward  
5&6 slide LF out to LT on a diagonal – slide RF out to RT on diagonal.  
7-8 slide RF out to RT on diagonal - pivot ¼ turn RT on ball of RF hitching RT knee(3:00)

## **(9-16) RT COASTER LT SHUFFLE JAZZBOX WITH A CROSS**

- 1&2 step RF next to LF – step LF forward – step RF next to LF  
3&4 step LF forward – step RF next to LF – step LF forward  
5-6-7-8 cross RF over LF – step LF out to LT – step RF out to RT – cross LF over RF

## **( 17-24 ) SIDE BEHIND HEEL AND CROSS STEP KICK COASTER CROSS**

- 1-2&3&4 step RF out to RT – step LF behind RF – step RF out to RT – point LT heel diagonally out to LT – step LF next to RF – cross RF over over LF  
5-6-7&8 step LF out to LT – kick RF out diagonally to LT – step RF next to LF – step LF next to RF – cross RF over LF

## **( 26-32) LT SIDE ROCK CROSS RT SIDE ROCK CROSS STEP KICK STEP BACK PIVOT ½ TURN RT**

- 1&2 step LF out to LT – recover on RF – cross LF over RF  
3&4 step RF out to RT – recover on LF – cross RF over LF  
5-6 step LF forward – kick RF forward  
7-8 step behind LF – pivot ½ turn RT (9:00)

## **(33-40) STEP LOCK STEP, STEP LOCK STEP, WALK L,R,L, KICK**

- 1&2 step LF forward – step RF up behind LF – step LF forward  
3&4 step RF forward – step LF up behind RF – step RF forward  
5-6-7-8 walk LT – RT – LT – KICK RF FORWARD

## **(41-48) RIGHT WEAWE, ¼ TURN LT, LEFT TOE STRUT RIGHT TOE STRUT**

- 1&2&3&4 step RF out to RT – step LF behind RF – step RF out to RT - cross LF over RF – step RF out to RT – step LF behind RF – step RF out to RT  
5-6-7-8 touch LT toe forward making ¼ turn LT – drop LT heel – touch RT toe forward – drop RT heel (6:00)

**Any questions contact me @ [pistoias@ymail.com](mailto:pistoias@ymail.com)  
have fun enjoy!!!!**

**Last Update - 25 April 2020**