

Keep Going Up

Compte: 32

Mur: 4

Niveau: Beginner

Chorégraphe: Penny Tan (MY) - December 2023

Musique: Keep Going Up - Timbaland, Nelly Furtado & Justin Timberlake



Intro 16C after heavy beat (on vocal "on")

*No tag No restart

SEC1: WALK FWD R-L , 1/4 TURN L SIDE ROCK, 1/4 TURN R RECOVER , TOGETHER , 1/4 TURN R , SIDE ROCK , 1/4 TURN L , RECOVER , TOGETHER , WALK BACK R-L

1-2 Walk fwd R , walk fwd L
3&4 1/4 turn L , rock RF to R , 1/4 turn R , recover on L , step RF next to LF
5&6 1/4 turn R , rock LF to L , 1/4 turn L , recover RF on R , step LF next to RF
7-8 Walk back R , walk back L

SEC2: VINE, L ROLLING VINE

1-2 Step RF to R , Step L behind RF
3-4 Step RF to R , point to L side
5-6 1/4 turn L step LF fwd (9:00), 1/2 turn L step RF backward(3:00)
7-8 1/4 turn L step LF to L side(12:00), touch RF beside LF

SEC3: SAILOR STEP , 1/4 TURN L SAILOR STEP , SKATE

1&2 Cross RF behind LF , step LF to L , step RF on R
3&4 1/4 turn L , sweep LF behind RF , step RF next to LF , step LF fwd
5-8 Skate fwd R-L-R-L

SEC4: 1/2 TURN R WALK , MAMBO , FWD SHUFFLE

1-4 Walk 1/2 turn R (R-L-R-L)
5&6 Rock RF to R , recover on L , step RF next to LF
7&8 Fwd shuffle L-R-L

Have fun and happy dancing!
