

Keep Up

拍数: 32 墙数: 4 级数: Beginner
编舞者: Nelly Billes (DE) - February 2020
音乐: 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!
