

# Keep Up

拍数: 48      墙数: 2      级数: Improver  
编舞者: Laura Stanton (USA) & Stephen Pistoia (USA) - April 2020  
音乐: 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