

Keep Up Country Girl

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Michael Schmidt (DE) - August 2020
音乐: Keep Up - RaeLynn



Intro: 24c, No Tag, No Restart, Easy Finish

Alternative: Cool Drink Of Water – Brooks & Dunn [112 bpm] (03:05) - Intro: 16c

Info: (Mainsong) Start the Dance after 24 counts on vocals.

[1-8] Side, Behind & Heel & Cross (R + L)

1-2 Step R side, Cross L behind R
&3&4 Step R side & Touch L (diag.) forward, Step L beside R & Cross R over L
5-6 Step L side, Cross R behind L
&7&8 Step L side & Touch R (diag.) forward, Step R beside L & Cross L over R

[9-16] Rock R, Shuffle Back R 1/2 Turn R, Step L, 1/2 Turn R, Shuffle Back L 1/2 Turn R

1-2 Rock R forward, Recover onto L
3&4 ¼ Turn right stepping R side, Step L beside R, ¼ Turn right stepping R forward (06:00)
5-6 Step L forward, ½ Turn right (Weight to R) (12:00)
7&8 ¼ Turn R stepping L side, Step R beside L, ¼ Turn R stepping L back (06:00)

[17-24] Moving Backwards (Out-Out, In-In, Out-Out, In-Cross), Unwind 1/2 R, Kick R, Coaster Step R

&1&2 Step Out R & Step Out L (shoulder width), Step In R & Step L beside R
&3&4 Step Out R & Step Out L (shoulder width), Step In R & Cross L over R

Moving slightly backwards on the above 4 counts –

(Option: 1* Jump Apart, 2* Jump Together, 3* Jump Apart, 4* Jump Together Crossing L over R)

5-6 Unwind ½ Turn R (Weight on L), Kick R slightly forward (12:00)
7&8 Step R back, Step L beside R & Step R forward

[25-32] Shuffle L, Step R, 1/2 Turn L, Shuffle R 1/2 Turn L, Sailor Point 1/4 Turn L

1&2 Step L forward, Step R beside L & Step L forward
3-4 Step R forward, ½ Turn L (Weight to LF) (06:00)
5&6 ¼ Turn L stepping R side, Step L beside R, ¼ Turn L Stepping R back (12:00)

* Finish (Keep Up) in Round 7 (see below)

7&8& Cross L behind R, ¼ Turn L stepping R side & Point (or Kick) L side, Step L beside R (09:00)

[33-40] Point (R + L), Heel (R + L), Dorothy Step (R + L)

1&2& Point (or Kick) R side, Step R beside L, Point (or Kick) L side, Step L beside R
3&4& Touch R Heel forward, Step R beside L, Touch L Heel forward, Step L beside R
5-6& Step R forward, Lock L behind R, Step R forward
7-8& Step L forward, Lock R behind L, Step L forward

[41-48] Jazzbox R, Step L, Rock Toe & Step (R + L)

1-4 Cross R over L, Step L back, Step R Side, Step L slightly forward
5&6 Rock R Toe forward, Recover onto Left & Step R forward
7&8 Rock L Toe forward, Recover onto R & Step L forward

. . . repeat, smile & have fun

* Finish (Keep Up): Round 7 (06:00) dance the first 30 counts (06:00) and add:
Sailor Step 1/2 Turn L, Heel R

7&8-1 Cross L behind R, ½ Turn L stepping R side & Step L forward, Touch R Heel forward (12:00)
and why not tap on the brim of your hat and greet the singers

Workshop "Stay Home & Dance 2020"

Contact: hallokoala @ gmail.com

Channels Dance: coming soon

youtube: <https://www.youtube.com/user/BootsInTrouble/videos>

<https://www.youtube.com/channel/UCqOj9WcP-R8-om1uklJoZPA>

Last Update - 26 Aug. 2020
