

# Keep Up Country Girl

COPPER KNOB  
STEPSHEETS

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>

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