

# Keep Up

**COPPER** KNOB  
BY STEPHEN

拍数: 32      墙数: 4      级数: Improver  
编舞者: JMP (KOR) - September 2020  
音乐: Keep Up - RaeLynn



**Start : After 24 counts - No Tag, No Restart**

**S1 (1-8) Walk, Walk, Heel Split (Weight on LF), Back, Back, Heel Split (Weight on LF)**

1 2 3&4      Step RF Forward, Step LF Forward, Step RF Forward and move both heel in, out, in  
5 6 7&8      Step RF back, Step LF back, Step RF back and move both heel in, out, in

**S2 (1-8) Hip - Bumps, Behind, Side, Cross (R - L)**

1 & 2      Touch RF Forward diagonal, Hip - bump twice  
3 & 4      Cross RF behind LF, Step LF side, Cross RF over LF  
5 & 6      Touch LF Forward diagonal, Hip - bump twice  
7 & 8      Cross LF behind RF, Step RF side, Cross LF over RF

**S3 (1-8) Hinge 1/2 Turn Left, Cross Shuffle, Stomp, Hook, Shuffle Forward**

1 2 3&4      1/4 turn left step RF back, 1/4 turn left step LF side, RF cross shuffle  
5 6 7&8      Step LF stomp side, Hook RF cross over LF, RF shuffle forward

**S4 (1-8) 1/4 Turn Right L Heel Jack Step, R Heel Jack Step, Touch**

1 2 &      1/4 turn right step LF side, Cross RF behind LF, Step LF beside RF  
3 & 4      Touch RF diagonal forward, Step RF beside LF, Cross LF over RF  
5 6 &      Step RF side, Cross LF behind RF, Step RF beside LF  
7 & 8      Touch LF diagonal forward, Step LF beside RF, Touch RF beside LF

**HAVE FUN ~~~**

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**Last Update: 4 Dec 2024**

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