

# Keep Up

拍数: 48      墙数: 1      级数: Phrased Improver  
编舞者: Nina Skyrud (NOR) - July 2024  
音乐: Keep Up - Spencer Crandall



Start the dance after 8 counts (approx. 3 sec)

Sequence: A, A, A, B, B, C, C, A, A, B, B, C, C, A, Tag, B, B, C, C.

**A (16 count):**

**Sec1 Side, Cross, Recover, Chasse ¼ Turn L, ½ Turn L, Shuffle ½ Turn L.**

1,2,3      Step R to R side (1), Cross L over R (2), Recover onto R (3) [12:00]  
4&5      Step L to L side (4), Step R next to L (&), Turn ¼ turn L stepping L forward (5) [9:00]  
6,7      Step R forward (6), Turn ½ turn L putting weight on L (7) [3:00]  
8&1      Turn ¼ turn L stepping R to R side (8), Close L next to R (&), Turn ¼ L stepping R back (1) [9:00]

**Sec2 Back, Coaster, ¼ Turn R, Touch, Kick Ball Cross.**

2      Step L back (2),  
3&4      Step R back (3), Step L next to R (&), Step R forward (&)  
5,6      Turn ¼ turn R stepping L to L side (5), Touch R next to L (6) [12:00]  
7&8      Kick R diagonally R (7), Step R ball next to L (&), Cross L over R (8).

**Note: Tag here after last A.\***

**B (16 count):**

**Sec1 Side Rock, Weave, Side Rock, Weave.**

1,2      Rock R to R side (1), Recover onto L (2)  
3&4      Step R behind L (3), Step L to L side (&), Cross R over L (4)  
5,6      Rock L to L side (5), Recover onto R (6)  
7&8      Step L behind R (7), Step R to R side (&), Cross L over R (8) [12:00].

**Sec2 Point & Point & Heel & Touch, Side Rock, Sailor ½ Turn L.**

1&2&      Point R to R side (1), Step R next to L (&), Point L to L side (2), Step L next to R (&)  
3&4      Touch R heel forward (3), Step R next to L (&), Touch L next to R (4)  
5,6      Rock L to L side (5), Recover onto R (6)  
7&8      Cross L slightly behind R (7), Turn ¼ L stepping R to R side (&), Turn ¼ L stepping L slightly forward (8) [6:00]

**C (16 count):**

**Sec1 Diagonally back, Touch-Point-Touch, Diagonally forward, Touch-Point-Touch.**

1, 2      Step R back to R diagonal (1), Touch L next to R (2)  
3, 4      Point L forward to L diagonal (3), Touch L next to R (4)  
5, 6      Step L forward to L diagonal (5), Touch R next to L (6)  
7, 8      Point R forward to R diagonal (7), Touch R next to L (8).

**Sec2 Step, Sweep, Rock Recover, ½ Pivot Turn, Step, Sweep, Rock Recover.**

1-2      Step R forward (1) Sweep L from back to front (2) [12:00]  
3,4      Rock L forward (3), Recover onto R (4)  
5-6      Turn ½ turn L stepping L forward (5), Sweep R from back to front (6) [6:00]  
7,8      Rock R forward (7), Recover onto L (8).

**\*Tag: Out-Out, Hip Roll, Drag, Touch**

1,2      Step R to R side (1), Step L to L side (2)

3-6 Roll hips ccw ending with weight on L (3,4,5,6)  
5,6 Drag R in (7), Touch R next to L (8).

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