

# Keep It Up

**COPPER KNOB**  
STEPSHEETS

拍数: 48      墙数: 4      级数: Improver  
编舞者: Lena Svensson (SWE)  
音乐: Don't Turn Your Heater Down - Tommy Castro & Delbert McClinton



## RIGHT AND LEFT DIAGONAL LOCK STEPS FORWARD

1-2      Step right diagonally forward, lock left behind right  
3&4      Step right diagonally forward, lock left behind right, step right diagonally forward  
5-6      Step left diagonally forward, lock right behind left  
7&8      Step left diagonally forward, lock right behind right, step left diagonally forward

## RIGHT ¼ TURN JAZZ BOX, HEEL TAP, KICKBALL CROSS

1-2      Cross right over left, make a ¼ right stepping left foot back  
3-4      Step right to right side, step left beside right (weight ending on left.)  
5-6      Tap right heel twice  
7&8      Kick right to right, step right foot next to left, place left across right

## RIGHT TOE STRUT, CROSS STRUT, ROCK STEP, COASTER CROSS

1-2      Step to right with right toe, flap heel down  
3-4      Cross left toe in front of right foot, flap heel down  
5-6      Rock diagonally on right foot, recover on left  
7&8      Step right back, step left beside right, cross right in front of left

## LEFT TOE STRUT, CROSS STRUT, ROCK STEP, COASTER CROSS

1-2      Step to left with left toe, flap heel down  
3-4      Cross right toe in front of left foot, flap heel down  
5-6      Rock diagonally on left foot, recover on right  
7&8      Step left back, step right beside left, cross left in front of right

## RIGHT SIDE SHUFFLE, BACK ROCK, LEFT SIDE SHUFFLE, BACK ROCK

1&2      Step right to right, step left beside right, step right to right  
3-4      Cross left behind, recover on right  
5&6      Step left to left, step right beside left, step left to left  
7-8      Cross right behind, recover on left

## POINT, HOLD, CROSS, HOLD, ½ UNWIND HEEL BOUNCE, LEFT COASTER STEP

1-2      Point right toe right, hold  
3-4      Cross right over left, hold  
5-6      Unwind ½ to the left over two counts while bouncing both heels (twice)  
7&8      Step left back, step right beside left, step left forward

## REPEAT

## TAG

When using "Don't Turn Your Heater Down" by Tommy Castor & Delbert McClinton, During 4th wall, dance until count 16 and add

## STOMP, HOLD TWICE, KNEE POPS (ELVIS KNEE) X 4

1-2      Stomp right to right, hold  
3-4      Stomp left to left, hold  
5-8      Pop knee in left, right, left, right (weight ending on left foot)