

# Keep Up

拍数: 32      墙数: 4      级数: Intermediate hip hop  
编舞者: Junior Willis (USA)  
音乐: Lose My Breath - Destiny's Child



## KICK, ROCK STEP, STEP, KICK, ROCK STEP, STEP, WALK, WALK, MAMBO

1&2&      Kick right forward, step right back to home, rock left behind right, step right in place  
3&4&      Kick left forward, step left back to home, rock right behind left, step left in place  
5-6      Walk forward right, walk forward left  
7&8      Mambo forward right-left-right (step right forward, left in place, right next to left)

## STEP, SLIDE, STEP TOGETHER STEP, HEEL, TOE, STEP ¼ TURN, TOUCH

1-2      Step left out to left while looking left, slide right next to left  
**Styling option: with palms down and wrists bent, lower left shoulder on step, lower right shoulder on slide**  
3&4      Step left slightly out to left, step right next to left, step left slightly out to left (still looking left)  
**Styling option: with palms down and wrists bent, lower left shoulder on step, lower right shoulder on together, lower left should on step**  
5-6      (Looking back to front) place right heel forward, touch right toe back  
7-8      Step right forward while making a ¼ turn to right (to 3:00 position), touch left out to left

## SAILOR, HIP BUMP, HIP BUMP, HIP BUMP, STEP WITH PUNCH, STEP SWING ARM, TOUCH, STEP

1&2      Sailor left-right-left (step left behind right, step right slightly out to right, step left next to right)  
3&4      Push hips out to left side, push hips back, push hips out to right side  
**Option #1: you could do a left body roll instead of the hip bumps**  
**Option #2: you could just do a hip roll instead of the hip bumps**  
5      Touch right out to right while punching right fist out to right and looking to right  
&      Hitch right knee while bending right arm in at elbow and starting a to the right circular motion with arm  
6      Step right beside left while finishing circular motion with right arm, bringing it down to right side  
7      (Hands in fist position, bent at elbows in front of body), touch left out to left while looking left while lowering left shoulder  
&8      Hitch left knee while bringing arms back to front of body (still bent in fist position) and looking forward, step left next to right while placing arms down to sides

## SYNCOPATED VINE WITH CROSS, SYNCOPATED VINE WITH CROSS

1&2&      Step right out to right, step left behind right, step right out to right, step left across in front of right  
3&4      Step right out to right, step left in place, step right across in front of left  
5&6&      Step left out to left, step right behind left, step left out to left, step right across in front of left  
7&8      Step left out to left, step right in place, step left across in front of right

**REPEAT**