

# Keep It Up

**COPPER** **KNOB**  
BY STEPHEN HICKIE

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Robbie McGowan Hickie (UK) - July 2008  
音乐: I Won't Tell - Jay Sean



Intro: 32 Counts intro.

Or Music: "Bring It On" by Leon Jean Marie (110 bpm...32 Count intro) CD Single (EP2) "Bring It On"...3mins  
14 secs Both Tracks also Available: [www.7digital.com](http://www.7digital.com)

**Left Step Forward. Side Rock 1/4 Turn Left. Right Coaster 1/4 Turn Right. Step. Pivot 1/4 Turn Right. Left Cross Shuffle.**

1            Step forward on Left.  
2 – 3        Make 1/4 turn Left stepping Right to Right side, pushing hips Right. Recover weight on Left.  
4&5        Make 1/4 turn Right stepping back on Right. Step Left beside Right. Step forward on Right.  
6 – 7        Step forward on Left. Pivot 1/4 turn Right.  
8&1        Cross step Left over Right. Step Right to Right side. Cross step Left over Right. (Facing 3 o'clock)

**(&) Cross Rock. Left Sailor 1/2 Turn Left. Forward Rock. Jump Diagonally Back Right. Touch.**

&2 – 3      Step ball of Right to Right side. Cross rock Left over Right. Rock back on Right.  
4&5        Left sailor turning 1/2 turn Left stepping Left. Right. Left. (Facing 9 o'clock)  
6 – 7        Rock forward on Right. Rock back on Left.  
&8         Jump ball of Right Diagonally back to Right side. Touch Left toe beside Right popping Left knee in.

**Side Step Left. Back Rock. Right Lock Step Forward. Lunge Forward. Cross. Back. 1/2 Turn Left.**

1            Long step Left to Left side, dragging Right towards Left.  
2 – 3        Rock back on Right. Rock forward on Left.  
4&5        Step forward on Right. Lock step Left behind Right. Step forward on Right.  
6 – 7        Lunge forward on Left. Recover weight on Right.  
8&1        Cross step Left over Right. Step back on Right. Make 1/2 turn Left stepping forward on Left.

**Full Turn Left. Right Mambo Forward. Left Mambo Back. Pivot 1/2 Turn Right.**

2 – 3        Make 1/2 turn Left stepping back on Right. Make 1/2 turn Left stepping forward on Left.  
4&5        Rock forward on Right. Rock back on Left. Step back on Right. (Facing 3 o'clock)  
6&7        Rock back on Left. Rock forward on Right. Step forward on Left.  
8            Pivot 1/2 turn Right. (Weight on Right) (Facing 9 o'clock)

**Side Step 1/4 Turn Right. Behind & Heel Tap. Right Diagonal Kick-Ball-Cross. 1/4 Turn Right. 1/2 Turn Right. Side Rock & Cross with 1/4 Turn Right.**

1            Make 1/4 turn Right stepping Left to Left side. (Facing 12 o'clock)  
2&3        Cross Right behind Left. Step ball of Left to Left side. Tap Right heel Diagonally forward Right.  
4&5        Kick Right Diagonally forward Right. Step ball of Right back to place. Cross step Left over Right.  
6 – 7        Make 1/4 turn Right stepping forward on Right. Make 1/2 turn Right stepping back on Left.  
8&1        Make 1/4 turn Right rock Right out to Right side. Recover weight on Left. Cross step Right over Left.

**Chasse Left. Back Rock & Point Out. Right Sailor 1/4 Turn Right. Step. Pivot 1/4 Turn Right.**

2&3        Step Left to Left side. Close Right beside Left. Step Left to Left side. (Facing 12 o'clock)  
4&5        Rock back Right behind Left. Rock forward on Left. Point Right toe out to Right side.

6&7            Cross Right behind Left making 1/4 turn Right. Step Left beside Right. Step forward on Right.  
8 – 1           Step forward on Left. Pivot 1/4 turn Right. (Facing 6 o'clock)

**Hip Bumps Diagonally Left. Behind & Cross. Hip Bumps Diagonally Right. Behind & Step Forward.**

2&3            Touch Left toe Diagonally forward Left – bumping hips Left. Right. Left. (Weight on Right)  
4&5            Cross Left behind Right. Step Right to Right side. Cross step Left over Right.  
6&7            Touch Right toe Diagonally forward Right – bumping hips Right. Left. Right. (Weight on Left)  
8&1            Cross Right behind Left. Step Left to Left side. Step forward on Right.

**Step Forward. Pivot 1/2 Turn Right. Left Shuffle 1/2 Turn Right. Back Rock. Right Kick-Ball-Step.**

2 – 3           Step forward on Left. Pivot 1/2 turn Right. (Facing 12 o'clock)  
4&5            Left shuffle turning 1/2 turn Right stepping Left. Right. Left.  
6 – 7           Rock back on Right. Rock forward on Left. (Facing 6 o'clock)  
8&            Kick Right forward. Step ball of Right beside Left.

**Start Again**

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