

Keep It Up

拍數: 64 牆數: 4 級數: Beginner / Improver
編舞者: Sobrielo Philip Gene (SG) - March 2015
音樂: Got to Give It Up - Marvin Gaye



Intro: 32 counts @ 0.21

[1-8] ROLLING VINE RIGHT CLAP, ROLLING VINE LEFT CLAP

- 1-2 Making $\frac{1}{4}$ right step right forward (1), making $\frac{1}{2}$ turn right step left back (2)
3-4 Making $\frac{1}{4}$ right step right to right (3), touch left beside right and Clap (4)
5-6 Making $\frac{1}{4}$ left step left forward (5), making $\frac{1}{2}$ turn left step right back (6)
7-8 Making $\frac{1}{4}$ left step left to left (7), touch right beside left and clap (8) (12:00)

[9-16] HEEL SWITCHES RIGHT, DOUBLE, HEEL SWITCHES LEFT, DOUBLE

- 1&2 Bring right heel forward (1), step right beside left (&), bring left heel forward (2)
&3-4 Step left beside right (&), bring right heel forward (3), tap right heel forward (4)
&5&6 Step right beside left (&), bring left heel forward (5), step left beside right (&) Bring right heel Forward (6)
&7-8& Step right beside left (&), bring left heel forward (7), tap left heel forward (8), step left beside right (&)(12:00)

[17-24] ROCK FORWARD RECOVER, 1/2 RIGHT TURN SHUFFLE, ROCK FORWARD, RECOVER, 1/2 LEFT TURN SHUFFLE

- 1-2 Rock forward right (1), recover weight onto left (2)
3&4 Making $\frac{1}{4}$ right step right to right (3), step left beside right (&), making $\frac{1}{4}$ right step right forward (4) (6:00)
5-6 Rock forward left (5), recover weight onto right (6)
7&8 Making $\frac{1}{4}$ left step left to left (7), step right beside left (&), making $\frac{1}{4}$ left step left Forward (8) (12:00)

[25-32] SKATES FORWARD RIGHT, LEFT, DOUBLE RIGHT, HIPS BUMPS

- 1-2 Slide right diagonally forward right (1), slide left diagonally forward to left (2)
Hands: □□ Point right hand up diagonally to the right (1), point right hand down to left (2)
3&4 Slide right diagonally forward to right (3), step left slightly beside right (&), slide right diagonally forward right (4) (weight on right)
Hands: □□ Point right hand up diagonally twice
5 Step left to left (5)
Hands: □□ Point right hand to right (5) (Looks like you are pointing to the people on the right of the room)
6&7&8 Bump hips left, right, left, right, left (weight on left)
Hands: □□ Bring hand from right to left (6&7&8) (Looks like you are pointing to everyone across the room)

[33-40] JAZZ BOX 1/4, JAZZ BOX

- 1-4 Cross right over left(1), step left slightly back(2), making 1/4 turn right step right to right(3), step left beside right(4)(3:00)
5-8 Cross right over left(5), step left slightly back(6), step right slightly to right(7), step left beside right(8)(3:00)

[41-48] FORWARD SHUFFLE, PIVOT 1/2, FORWARD SHUFFLE PIVOT 1/2

- 1&2 Step forward right(1), step left beside right(&), step right forward(2)
3-4 step left forward(3), turn 1/2 right transferring weight onto right(4)(9:00)
5&6 Step forward left (5), step right beside left (&), step left forward(6)
3-4 step right forward(7), turn 1/2 left transferring weight onto left(8)(3:00)

[49-56] WALK FORWARD KICK, WALK BACK TOUCH

1-4 Step right forward (1), step left forward(2), step right forward(3), kick left forward(4)
5-8 Step left back(5), step right back (6), step left back(7), touch right beside left(8) (3:00)

[57-64] DIAGONAL SHUFFLE (With hand rolls)

1&2 Step right diagonally forward(1), step left beside right(&), step right diagonally forward(2)

3&4 Step left diagonally forward(3), step right beside left(&), step left diagonally forward(4)

5&6 Step right diagonally forward(5), step left beside right(&), step right diagonally forward(6)

7&8 Step left diagonally forward(7), step right beside left(&), step left diagonally forward(8) (3:00)

Hands: Roll your hands while doing the diagonal shuffles at chest level

Restart

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