

Keep Up

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Improver
編舞者: Lynn Luccisano (USA) & Janis Graves (USA) - February 2020
音樂: Keep Up - RaeLynn : (iTunes)



24 count intro {Start on the vocals} No Tags/No Restarts!!!

R SCUFF HITCH STOMP, SWIVEL HEELS, L SCUFF HITCH STOMP, SWIVEL HEELS

1&2 R scuff, hitch, stomp fwd (12:00)
3&4 Swivel both heels R, center, R- take weight on R foot
5&6 L scuff, hitch, stomp fwd
7&8 Swivel both heels L, center, L-take weight on L foot

VAUDEVILLE STEPS

1-2 Step R to R, Step L behind R
&3&4 Step R beside L, Touch L heel fwd, Step L beside R, Cross R over L
5-6 Step L to L, Step R behind L
&7&8 Step L beside R, Touch R heel fwd, Step R beside L, Cross L over R

SHUFFLE R, STOMP HITCH ¼ TURN L, SHUFFLE L, STOMP HITCH ¼ TURN R

1&2 Step R to R side, step L next to R, step R to R side
3-4 Stomp L forward, hitch L turning 1/4 L (9.00)
5&6 Step L to L side, step R next to L, step L to L side
7-8 Stomp R forward, hitch R turning 1/4 R (12.00)

STEP R FWD, TOUCH L CLAP, ¼ L, TOUCH R 2 CLAPS, STEP R FWD, TOUCH L CLAP, ¼ L, TOUCH R 2 CLAPS

1-2 Step R fwd, touch L next to right with a single clap
3&4 Turn ¼ L stepping on L, touch R next to L with a double clap (9:00)
5-6 Step R fwd, touch L next to right with a single clap
7&8 Turn ¼ L stepping on L, touch R next to L with a double clap (6:00)

R SIDE ROCK, RECOVER L, BEHIND SIDE CROSS, L SIDE ROCK, RECOVER R, BEHIND SIDE CROSS

1-2 Rock R to R side, recover weight to L (6.00)
3&4 Step R behind L, step L to L side, cross R over L
5-6 Rock L to L side, recover weight to R
7&8 Step L behind R, step R to R side, cross L over R

HIP BUMPS

1-2 Step R forward bumping hip to R, bump L hip back (6.00)
3-4 Bump R hip forward, hitch L
5-6 Step L forward bumping hip to L, bump R hip back
7-8 Bump L hip forward, touch R next to L

Suggested Ending: The last wall starts at 12:00. Dance through Count 32 - you will be facing 6:00. After Counts 31 & 32 (1/4 turn, double claps), quickly touch your shoulders and throw your hands up on the words "Keep up!" Option: turn to the front.

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Keep dancin'!
