

Gotta Keep Up

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Janet Cummings (USA) - February 2020
音樂: Keep Up - RaeLynn : (Album: Keep Up - 3:11)



Intro: 24 Count - No Tags or Restarts - Pattern is Clockwise

SECTION 1: R SHUFFLE FORWARD, L SHUFFLE FORWARD, SKATE R, L, R, L

1&2, 3&4 R Shuffle Forward (R, L, R); L Shuffle Forward (L, R, L);
5, 6, 7, 8 Skate R, L, R, L

SECTION 2: R REVERSE PIVOT, HOLD, OUT-OUT, HOLD; HEEL JACKS

1, 2 R Toe Behind L Foot, Turn ½ Right Keeping Weight on R, Hold
&3, 4 L/R Quickly Step out to Sides, Hold
&5&6 R Step Back, L Heel Tap Forward (&5), L Step Center, R Toe Tap Back (&6)
&7&8 R Step Back, L Heel Tap Forward, (&7), L Step Center, R Toe Tap Back (&8)

SECTION 3: R CHASSE, BALL TURN ¼ RIGHT, STEP L, HOLD; TURN ¼ RIGHT-SHUFFLE FORWARD, BALL TURN ¼ RIGHT ON R, STEP L TO SIDE, HOLD

1&2 R Side Shuffle/Chasse', (R, L, R)
&3, 4 Ball Turn ½ Right on R Foot-Step L, Hold
&5&6, &7, 8 L Ball Turn ¼ Right, Shuffle Forward (R, L, R), R Ball Turn ¼ Right-L Step to Side, Hold

SECTION 4: R SAILOR STEP, L ¼ TURN SAILOR; R POINT TO SIDE, RETURN, L POINT TO SIDE, RETURN, R HEEL TAP FORWARD, RETURN, L HEEL TAP FORWARD, RETURN

NOTE: Move Back Slightly on each Heel Return.

1&2, 3&4 R Step Behind L, L Step to Side, R Step in Place; L Step Behind R-Turn ¼ Left, R Step to Side, L Step in Place
5&6& R Toe Point to Side, Return (5&), L Point to Side, Return (6&)
7&8& R Heel Tap Forward, Return (7&), L Heel Tap Forward, Return (8&)

Contact: jcumplings246@aol.com