

Keep Up

拍數: 48 牆數: 2 級數: Improver
編舞者: Laura Stanton (USA) & Stephen Pistoia (USA) - April 2020
音樂: Keep Up - RaeLynn : (iTunes)



Intro: 24cts

No tags or restarts Weight starts on RF

(1-8) LEFT SHUFFLE RIGHT SHUFFLE SKATE LT RT LT WITH A ¼ TURN HITCH

1&2 step LF forward – step RF next to LF – step LF forward
3&4 step RF forward – step LF next to RF – step RF forward
5&6 slide LF out to LT on a diagonal – slide RF out to RT on diagonal.
7-8 slide RF out to RT on diagonal - pivot ¼ turn RT on ball of RF hitching RT knee(3:00)

(9-16) RT COASTER LT SHUFFLE JAZZBOX WITH A CROSS

1&2 step RF next to LF – step LF forward – step RF next to LF
3&4 step LF forward – step RF next to LF – step LF forward
5-6-7-8 cross RF over LF – step LF out to LT – step RF out to RT – cross LF over RF

(17-24) SIDE BEHIND HEEL AND CROSS STEP KICK COASTER CROSS

1-2&3&4 step RF out to RT – step LF behind RF – step RF out to RT – point LT heel diagonally out to
LT – step LF next to RF – cross RF over over LF
5-6-7&8 step LF out to LT – kick RF out diagonally to LT – step RF next to LF – step LF next to RF –
cross RF over LF

(26-32) LT SIDE ROCK CROSS RT SIDE ROCK CROSS STEP KICK STEP BACK PIVOT ½ TURN RT

1&2 step LF out to LT – recover on RF – cross LF over RF
3&4 step RF out to RT – recover on LF – cross RF over LF
5-6 step LF forward – kick RF forward
7-8 step behind LF – pivot ½ turn RT (9:00)

(33-40) STEP LOCK STEP, STEP LOCK STEP, WALK L,R,L, KICK

1&2 step LF forward – step RF up behind LF – step LF forward
3&4 step RF forward – step LF up behind RF – step RF forward
5-6-7-8 walk LT – RT – LT – KICK RF FORWARD

(41-48) RIGHT WEAWE, ¼ TURN LT, LEFT TOE STRUT RIGHT TOE STRUT

1&2&3&4 step RF out to RT – step LF behind RF – step RF out to RT - cross LF over RF – step RF out
to RT – step LF behind RF – step RF out to RT
5-6-7-8 touch LT toe forward making ¼ turn LT – drop LT heel – touch RT toe forward – drop RT heel
(6:00)

Any questions contact me @ pistoias@ymail.com
have fun enjoy!!!!

Last Update - 25 April 2020