

Keep Up

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Angie Mullis - April 2020
音樂: Down to the Honkytonk - Jake Owen



or "Keep Up" by RaeLynn (both songs have a 16-count intro),
or "Stay Home" by Big & Rich (steps begin with 2nd count of 8 steps after 8 count intro of beginning lyrics)

Scuff step X 2, triple step back, step turn ½

- 1 & 2 Scuff right foot, hitch right knee up as tap left heel, step on right foot
- 3 & 4 Scuff left foot, hitch left knee up as tap right heel, step on left foot
- 5 & 6 Triple step as turn ½ to the right (right, left, right)
- 7 & 8 Step forward on left, pivot turn ½ to right, step on left

Point step X 4; knee hitch, point, hitch X 2

- 1 & 2 & Point or kick right foot out to front, step on right, point or kick left foot out to left, step on left
- 3 & 4 & Point or kick right foot out to right, step on right, point or kick left foot to rear, step on left
- 5 & 6 & Hitch right knee up as touch knee with both hands, point right foot out to right, hitch right knee up, step on right foot
- 7 & 8 & Hitch left knee up as touch knee with both hands, point left foot out to left, hitch left knee up, step on left foot

Triple step, step kick, step turn ½, toes out, heels out, heels in, feet together

- 1 & 2 Triple step forward right, left, right
- 3, 4 Step on left as kick right foot up and forward recover on right foot (or stomp left, stomp right)
- 5 & 6 Step forward on left foot, pivot turn ½ to right, bring feet together
- 7 & 8 & Face toes out to sides at diagonal, point heels out at diagonal, bring heels back in, place feet together

Scuff step across X 2, feet out, cross, unwind ½ to left, jump

- 1 & 2 Scuff right foot, hitch right knee up, step on right as cross right over left
- 3 & 4 Scuff left foot, hitch left knee up, step on left foot as cross left over right
- 5 & 6 Step on right foot as place out to right side, step on left foot as place out to left side, jump as cross feet right foot over left
- 7,8 Unwind as pivot to turn ½ to left, jump up with both feet (or stomp right foot)

Triple step with ¼ turn, step turn ½, triple step, step turn ¾

- 1 & 2 Triple step as turn ¼ to right (right, left, right)
- 3, 4 Step forward on left foot, pivot turn ½ to right to step on right foot
- 5 & 6 Triple step forward left, right, left
- 7, 8 Step forward on right foot, pivot turn ¾ turn to left to step on left foot

Triple step, step turn ½, heel switches, stomp X 3

- 1 & 2 Triple step forward right, left, right
- 3, 4 Step forward on left foot, pivot turn ½ to right to step on right foot
- 5 & 6 & Point left heel out to front, step on left foot, point right heel out to front, step on right foot
- 7 & 8 Stomp left foot, stomp right foot, stomp left foot

End of steps - No Tags, No Restarts