

Keep Up

拍數: 48 牆數: 0 級數: Improver
編舞者: Francesca Gilmore (UK) - May 2020
音樂: Keep Up - RaeLynn



(Start after 24 counts) No Tags. No Restarts.

Walk forward x2, R shuffle forward, L syncopated rocking chair x2

1,2 Walk forward on Right, walk forward on Left
3&4 Step right forward, step left next to right, step forward on right
5&6& Rock forward on left, Recover weight onto right (&) Rock back on left, recover weight onto right(&)
7&8& Repeat counts 5&6&

Step, syncopated R jazz box ¼ cross, side behind side, cross shuffle

1 Step forward on left
2,3&4 Cross right over left, step back on left, ¼ right stepping right to right side(&), cross left over right.
5,6& step right to right side, step left behind right, step right to right side(&),
7&8 cross left over right, step right to right(&), side cross left over right.

R side rock, behind side in front, L side rock, behind side in front.

1,2 Rock right out to right side, recover weight onto left
3&4 Step right behind left, step left to left side, cross right over left
5,6 Rock left out to left side, recover weight onto right
7&8 Step left behind right, step right to right side, cross left over right.

R chasse, 1/4 chasses x2. Left shuffle ½. Full turn in total

1&2 Step right to right side, step left next to right, Step right to right side
3&4 ¼ turn left stepping left to left side, step right next to left, step left to left side
5&6 ¼ turn left stepping right to right side, step left next to right, step right to right side.
7&8 ¼ turn left stepping left to left side, step right next to left, ¼ turn left stepping forward on left.

Walk forward x2, R mambo step. Walk back x2 L rock recover (low kick R)

1,2 Walk forward on right, walk forward on left
3&4 Rock forward on right, recover weight onto left, step back slightly on right
5,6 Walk back on left, walk back on right
7,8 Rock back onto left, (right foot slightly lifts off the ground) recover weight back onto right.

Shuffle forward x2, step out out, step in in, reverse body roll (two hip bumps R,L)

1&2 Step forward on left, step right next to left, step forward on left
3&4 Step forward on right, step left next to right, step forward on right
&5&6 step left out to left side, step right out to right side, step in on left, step in on right (knees slightly bent).
7,8 Body roll up (hips, chest, head) (bump right, left). Weight on left to finish

Restart and enjoy.