

# Keep Up

COPPER KNOB  
BY STEPHEN

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Isabella Ghinolfi (IT) - May 2020  
音樂: Keep Up - RaeLynn



## Start on lyrics

### STEP R TO RIGHT, HOLD (SNAP), STEP L BESIDE RIGHT, STEP R TO RIGHT, HOLD (SNAP), STEP LEFT BESIDE RIGHT, ROLLING VINE TO LEFT, TOUCH

- 1-2            Right step sideways to right, hold and snap the fingers of the slightly raised right hand  
&3-4          L step to right, R step to right, hold and snap fingers of right hand, touch left beside right  
5- 8          Returning to the left: left step to the left by turning 1/4, right step to the left rotating 1/2, left step to the left by turning 1/4, touch right beside left (12:00)

### MASHED POTATO BACK, MOVE FORWARD, HOLD, 2 TIMES FREE

- &1-2-3-4      Weight on balls, open heels and crush feet by approaching the heels, going back at the same time for 4 times.  
&5-6          Right step forward, left step beside right, hold.  
7-8          Right hand forward and sway right to left (weight on left)  
(Alternative: two free times. You can bump, make an apple jack or a long hold)

### UP AND DOWN BUMPS WITH RIGHT AND LEFT

- &1-4          Bringing the right foot slightly forward diagonally to the right, swaying up and down  
&5-8          Bringing the left foot slightly forward diagonally to the left, swaying up and down

### RIGHT ROCK STEP FORWARD, RIGHT COASTER STEP, RIGHT HEEL GRIND TURNING 1/4 LEFT, RIGHT COASTER STEP

- 1-2            Right step forward with weight, recover on left  
3&4          Right step back, left step beside right, right step forward  
5-6          Left heel forward, turn 1/4 to the left (9:00 a.m.)  
7&8          Step left back, right step beside left, left step forward.

## Repeat

Isabella Ghinolfi Visit my Web Site [www.wildangels.it](http://www.wildangels.it) [info@wildangels.it](mailto:info@wildangels.it)