

# Keep Up!

拍數: 48      牆數: 4      級數: Improver  
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音樂: Keep Up - RaeLynn



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## Section 1: Walk, Walk, Shuffle, Rock, Recover, Coaster

1 2 3&4      Walk RL forward, Step R forward, Step L next to R, Step R forward,  
5 6 7&8      Rock L forward, Recover R, Step LR back, Step L forward.

## Section 2: Rock, Recover, Kick ball change, 1/4 turn Heel-dig, Shuffle

1 2 3&4      Rock R forward, Recover L, Kick R forward, Step on RL,  
5 6 7&8      Grind R heel, Turn 1/4 right on R, Step L forward, Step R next to L, Step L forward.

## Section 3: Box Step X2, Rocking Chair

1&2 3&4      Step R to side, Step L next to R, Step R forward, Step L to side, Step R next to L, Step L  
forward,  
5-8      Rock R forward, Recover L, Rock R back, Recover L.

## Section 4: Step, 1/4 Pivot (X2 ), V-Step,

1-4      Step R forward, Pivot 1/4 left, Step R forward, Pivot 1/4 left,  
5-8      Step R forward/out, Step L forward/out, Step R back/in, Step L back/in.

## Section 5: Rock, Recover, Cross Cha Cha Cha X2

1 2 3&4      Rock R to side, Recover L, Step R over L, Step L to side, Step R over L,  
5 6 7&8      Rock L to side, Recover R, Step L over R, Step R to side, Step L over R.

## Section 6: Double Heel tap, Double Toe tap, Hip Bumps

1-4      Tap R heel forward twice, Tap R toe back twice,  
5-8      Bump hips to right twice, Bump hips to left twice.

**Begin Again! It's All About Fun!**

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