

Keep Up

拍數: 48 牆數: 4 級數: Improver
編舞者: Tricia Bristow (USA) - November 2020
音樂: Keep Up - RaeLynn



Introduction: 24 counts @ approximately 13 seconds into the track
Start on the word: Gucci

ALTERNATIVE MUSIC: HONKY TONK HALLOWEEN (This is fast and fun!)
Recommendation: Slow the track down the first time through for newer dancers.
Introduction: 16 counts @ approximately 7 seconds into the track
Start just before vocal begins

NO TAGS | NO RESTARTS R=RIGHT | L=LEFT | FWD=FORWARD

R FWD ROCK, RECOVER L, RLR COASTER, L FWD ROCK, RECOVER R, ½ TRIPLE L TURN LRL

1 2 [1] Rock forward on R foot, [2] Recover on L foot
3&4 [3] Step R back, [&] Step L beside R, [4] Step R forward
5 6 [5] Rock forward on L foot, [6] Recover on R foot
7&8 [7] Step L back 1/4, [&] Step R to L, [8] Step L back 1/4 turn to complete a 1/2 triple turn

ROCK R SIDE, RECOVER L, BEHIND-SIDE-CROSS RLR, ROCK L SIDE, RECOVER R, BEHIND-SIDE-CROSS LRL

1 2 [1] Rock R foot to R side, [2] Recover to L
3&4 [3] Cross R behind L, [&] Step L to L side, [4] Cross R over L
5 6 [5] Rock L foot to L side, [6] Recover to R
7&8 [7] Cross L behind R, [&] Step R to R side, [8] Cross L over R

WALK FWD RL, SHUFFLE RLR, WALK FWD LR, SHUFFLE LRL

1 2 [1] Walk forward R, [2] Walk forward L
3&4 [3] Step forward on R, [&] Step ball of L next to R, [4] Step forward on R
5 6 [5] Walk forward L, [6] Walk forward R
7&8 [7] Step forward on L, [&] Step ball of R next to L, [8] Step forward on L

REVERSE CHA CHA (R ROCK, RECOVER L, BACK SHUFFLE RLR, L BACK ROCK, RECOVER R, FWD SHUFFLE LRL)

1 2 [1] Rock forward on R foot, [2] Recover on L foot
3&4 [3] Step back on R, [&] Step ball of L next to R, [4] Step back on R
5 6 [5] Rock back on L foot, [6] Recover on R foot
7&8 [7] Step forward on L, [&] Step ball of R next to L, [8] Step forward on L

STEP R FWD, PIVOT ½ TURN TO L, SHUFFLE, STEP L FWD, PIVOT ¼ TURN TO R, TRIPLE IN PLACE

1 2 [1] Step forward on R foot, [2] Pivot ½ Turn to the L with weight ending on L foot
3&4 [3] Step forward on R, [&] Step ball of L next to R, [4] Step forward on R
5 6 [5] Step forward on L foot, [6] Pivot 1/4 Turn to the R with weight ending on R foot
7&8 [7] Step on L, [&] Step R next to L, [8] Step on L

STEP R SIDE, CROSS L BEHIND AND HEEL L AND CROSS R OVER L, STEP L SIDE, CROSS R BEHIND L AND HEEL R AND CROSS L OVER R

1 2 [1] Step R foot to R side, [2] Cross L foot behind R
&3&4 [&] Step R foot to R side, [3] Touch L heel to L diagonal, [&] Step in place onto L, [4] Step R across L
5 6 [5] Step L foot to L side, [6] Cross R foot behind L

&7&8 [&] Step L foot to L side, [7] Touch R heel to R diagonal, [&] Step in place onto R, [8] Step L
 across R

End of Dance. Repeat. Enjoy.

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