

# Keep It Down

**COPPER KNOB**  
STEPPERS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Kelly Cavallaro (USA) & Chris Jacques (USA) - December 2020  
音樂: If I Know Me - Morgan Wallen



Count In: 16 count intro

Restarts: On walls 2 and 4 after 16 counts

## [1-9] Step, Sailor, Behind Side Turn, Hip Roll w/ ¼Turn, ½Turn

1, 2&3      Step R out to R, Sailor Step L, R, L  
4&5      Step R behind L, Step L out to L, Step R making ½Turn to L  
6, 7      Roll hip R, Roll hip back L making ¼Turn to R  
8, 1      Make ½R Stepping Forward on R, ½R, stepping back on L 9:00

## [10-17] Travelling Body Roll, Coaster Step, Hip Sways, Sailor Step

2&3      Step back R, L, R Rolling Body down  
4&5      Coaster Step L, R, L  
6, 7      Step R out to R swaying hips R, sway hips L  
8&1      Sailor Step R, L, R 9:00

## [18-25] Behind Step Sweep, Cross and Turn, Walk Back x2, Coaster Step

2&3      Cross L Behind R, Step R to R, Step L Forward Sweeping R Forward  
4&5      Cross R over L, Step L to L, Step Back R making ¼Turn R  
6, 7      Walk Back L, R  
8&1      Coaster Step L, R, L 12:00

## [26-32] Sailor Step Moving Forward, Behind Turn Touch, Syncopated Touches

2&3      Sailor Step R, L, R Moving Forward  
4&5      Step L Behind R, Step R Making ¼Turn to R, Touch L out to L  
&6&7      Step L next to R, Touch R to R, Step R next to L, Touch L to L  
&8&      Step L Next to R, Touch R to R, Hitch R 3:00

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