

Keep Up

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Gina Piercy (AUS) - February 2021
音樂: Keep Up - RaeLynn



SECTION 1 - SIDE ROCK-RECOVER-SAILOR STEP-KICK-BALL-CHANGE-SHUFFLE

1-2 Right side rock, recover,
3&4 Right sailor step.
5&6 Left front kick-left replace-right replace.
7&8 Forward left shuffle. Left-together right-step left forward.

SECTION 2 - QUARTER PADDLE TURN-HEEL SWITCHES-DOROTHY(WIZARD)-STEPTOUCH

1-2 Step right forward, left quarter paddle turn.
3&4 Right heel, replace, left heel.
&5-6 Replace left, step right forward, lock left behind right.
&7-8 Replace right next to left, step forward left, touch right.

SECTION 3 - ¼ TURN CAMEL WALK-TRIPLE STEP TURN-ROCK-RECOVER-BACK LOCK STEP

1-2 Quarter turn right step heel, drag left foot behind right popping right knee.
3&4 Full triple step turn clockwise (right) stepping: right, left, right.
5-6 Left forward rock, right replace.
7&8 Left step back, lock right in front of left, step back left.

SECTION 4 - SCISSOR STEP-CROSS-1/4 TURN KNEE POP X 2-HALF TURN SHUFFLE X 2

1&2 Right side rock, recover left, cross right in front.
3-4 Double knee pop left quarter turn pivot on balls of feet, repeat to face 6:00.
5&6 Left half turn step back on right, left together, step back on right.
7&8 Left half turn step forward on left, right together, step forward on left.

SECTION 5 - RIGHT RHUMBA FORWARD-SIDE-TOGETHER-1/4 TURN-STEP HOOK TURNS

1&2 Step right to right side, left together, step right forward.
3&4 Step left to left side, right together, quarter turn left stepping left forward.
5-6 Step forward right, left front hook full turn.
7-8 Step forward left, right front hook ¾ turn to face 6:00.

SECTION 6 - SCISSOR STEP-CROSS-TOE-HEEL-STEP-ROCK-RECOVER-COASTER STEP

1&2 Right side rock, recover left, cross right in front.
3&4 Left toe next to right foot, left heel next to right foot, step left forward.
5&6 Right forward rock, recover left, step back right.
7&8 Left step back, step right next to left, step left forward.

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