

Keep Going Up

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Tatiana Wygor (USA) - October 2023
音樂: Keep Going Up - Timbaland, Nelly Furtado & Justin Timberlake



****Dance starts after 16 counts of beat**

Counts 1-8: Walk RL, Hip Swivel, Kick Step Point, ½ Chug

- 1,2- > Walk fwd R(1), Walk fwd L(2)
- 3&4- > Step R fwd(3), Bump R hip fwd(&), bump L hip back(4)
- 5&6- > Kick L foot fwd(5), Step L to L side(&), Point R to R side(6)
- &7&8- > Recover L w ¼ R(&), press R to R side(7), Recover L again w ¼ R(&), press R to R side(8)

Counts 9-16: Sway LR, R Sailor, L Sailor, Step Turn Kick

- 9,10- > Sway Hips to L side(9), sway hips to R side(10)
- 11&12- > Step R behind L(11), Step L to R(&), Step R fwd to R side(12)
- 13&14- > Step L behind R(13), Step R to L(&), Step L fwd to L side(14)
- 15,16- > Step R foot fwd(15), turn over L shoulder and kick L foot fwd(16)

Counts 17-24: Step Flick, R Shuffle, L Shuffle, ¼ Pivot

- 17,18- > Step back L(17), flick R foot behind R knee(18)
- 19&20- > Shuffle fwd R(19), Step L to R(&), Shuffle R fwd(20)
- 21&22- > Shuffle fwd L(21), Step R to L(&), Shuffle L fwd(21)
- 23,24- > Step R foot fwd(23), ¼ turn over R shoulder

Counts 25-32: Body Roll, Ball Point, Body Roll, Ball Point, Rock Recover, Full Turn

- 25,26&- > Body roll from head and down(25), Step down R to finish body roll(26), Step L next to R(&)
 - 27,28&- > Body roll from head and down(27), Step down R to finish body roll(28), Step L next to R(&)
 - 29,30- > Step Back w R(29), recover on L(30)
 - 31,32- > Step R fwd while turning ½ L(31), Step L while turning ½ L(32)
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