

Keep Up

拍數: 48
編舞者: Nina Skyrud (NOR) - July 2024
音樂: Keep Up - Spencer Crandall

牆數: 1

級數: Phrased Improver



Start the dance after 8 counts (approx. 3 sec)

Sequence: A, A, A, B, B, C, C, A, A, B, B, C, C, A, Tag, B, B, C, C.

A (16 count):

Sec1 Side, Cross, Recover, Chasse ¼ Turn L, ½ Turn L, Shuffle ½ Turn L.

1,2,3 Step R to R side (1), Cross L over R (2), Recover onto R (3) [12:00]
4&5 Step L to L side (4), Step R next to L (&), Turn ¼ turn L stepping L forward (5) [9:00]
6,7 Step R forward (6), Turn ½ turn L putting weight on L (7) [3:00]
8&1 Turn ¼ turn L stepping R to R side (8), Close L next to R (&), Turn ¼ L stepping R back (1) [9:00]

Sec2 Back, Coaster, ¼ Turn R, Touch, Kick Ball Cross.

2 Step L back (2),
3&4 Step R back (3), Step L next to R (&), Step R forward (&)
5,6 Turn ¼ turn R stepping L to L side (5), Touch R next to L (6) [12:00]
7&8 Kick R diagonally R (7), Step R ball next to L (&), Cross L over R (8).

Note: Tag here after last A.*

B (16 count):

Sec1 Side Rock, Weave, Side Rock, Weave.

1,2 Rock R to R side (1), Recover onto L (2)
3&4 Step R behind L (3), Step L to L side (&), Cross R over L (4)
5,6 Rock L to L side (5), Recover onto R (6)
7&8 Step L behind R (7), Step R to R side (&), Cross L over R (8) [12:00].

Sec2 Point & Point & Heel & Touch, Side Rock, Sailor ½ Turn L.

1&2& Point R to R side (1), Step R next to L (&), Point L to L side (2), Step L next to R (&)
3&4 Touch R heel forward (3), Step R next to L (&), Touch L next to R (4)
5,6 Rock L to L side (5), Recover onto R (6)
7&8 Cross L slightly behind R (7), Turn ¼ L stepping R to R side (&), Turn ¼ L stepping L slightly forward (8) [6:00]

C (16 count):

Sec1 Diagonally back, Touch-Point-Touch, Diagonally forward, Touch-Point-Touch.

1, 2 Step R back to R diagonal (1), Touch L next to R (2)
3, 4 Point L forward to L diagonal (3), Touch L next to R (4)
5, 6 Step L forward to L diagonal (5), Touch R next to L (6)
7, 8 Point R forward to R diagonal (7), Touch R next to L (8).

Sec2 Step, Sweep, Rock Recover, ½ Pivot Turn, Step, Sweep, Rock Recover.

1-2 Step R forward (1) Sweep L from back to front (2) [12:00]
3,4 Rock L forward (3), Recover onto R (4)
5-6 Turn ½ turn L stepping L forward (5), Sweep R from back to front (6) [6:00]
7,8 Rock R forward (7), Recover onto L (8).

*Tag: Out-Out, Hip Roll, Drag, Touch

1,2 Step R to R side (1), Step L to L side (2)

3-6 Roll hips ccw ending with weight on L (3,4,5,6)
5,6 Drag R in (7), Touch R next to L (8).

Contact: ninasky@online.no
