

# Keep It Up (P)

拍數: 32      牆數: 0      級數: Partner  
編舞者: Rick Bates (USA) & Deborah Bates (USA)  
音樂: The City Put the Country Back In Me - Neal McCoy



**Position: Right open promenade, holding inside hands (man's right and lady's left)**

## VINE (PARTNER'S SWITCH SIDES), DIAGONAL HEEL TOUCHES

1-2      **MAN:** Step to the right on right foot cross left foot behind right and step  
          **LADY:** Step to the left on left foot; cross right foot behind left and step

**Release inside hands (man's right and lady's left). lady passes in front of**

3-4      **MAN:** Step to the right on right foot; touch left heel forward and diagonally to the left  
          **LADY:** Step to the left on left foot; touch right heel forward and diagonally to the right

**Partners have now switched sides. Man takes up lady's right hand in his left**

5-6      **MAN:** Step left foot next to right; touch right heel forward and diagonally to the right  
          **LADY:** Step right foot next to left; touch left heel forward and diagonally to the left

7-8      **MAN:** Step right foot next to left; touch left heel forward and diagonally to the  
**left**

**LADY:** Step left foot next to right; touch right heel forward and diagonally to the right

## FORWARD SHUFFLE, ROCK STEP, PIVOT, SIDE SHUFFLE

9&10      **MAN:** Shuffle forward (left, right, left)  
          **LADY:** Shuffle forward (right, left, right)

11&12      **MAN:** Shuffle forward (right, left, right)  
          **LADY:** Shuffle forward (left, right, left)

13-14      **MAN:** Step forward on left foot; rock back onto right foot  
          **LADY:** Step forward on right foot; rock back onto left foot

&      **MAN:** Pivot ¼ turn to the left on ball of right foot  
          **LADY:** Pivot ¼ turn to the right on ball of left foot

15&16      **MAN:** Shuffle to the left (left, right, left)  
          **LADY:** Shuffle to the right (right, left, right)

**Release hands (man's left and lady's right)**

## BOOGIE WALK BACK, FORWARD SHUFFLES (PARTNER'S SWITCH SIDES)

**During counts 17 - 20 raise hands to shoulder level and with each step shake hips and hands. Use some attitude. Have fun with it!**

17-18      **MAN:** Swivel left heel to the left and step back on right foot; swivel right heel to the right and  
          step back on left foot

**LADY:** Swivel right heel to the right and step back on left foot; swivel left heel to the left and  
          step back on right foot

19-20      **MAN:** Swivel left heel to the left and step back on right foot; swivel right heel to the right and  
          step back on left foot

**LADY:** Swivel right heel to the right and step back on left foot; swivel left heel to the left and  
          step back on right foot

21&22      **MAN:** Shuffle forward (right, left, right)  
          **LADY:** Shuffle forward (left, right, left)

**Partners will pass each other, lady to the right of man, right shoulder to right shoulder**

23&24      **MAN:** Shuffle forward (left, right, left)  
          **LADY:** Shuffle forward (right, left, right)

**Partners have now switched sides - man facing ILOD, lady facing OLOD**

## VINE WITH ½ TURN, SCUFF, VINE WITH ¼ TURN, SCUFF

25-26 **MAN:** Step to the right on right foot; cross left foot behind right and step

**LADY:** Step to the left on left foot; cross right foot behind left and step

27-28 **MAN:** Step ¼ turn to the right on right foot, pivot ¼ turn to the right on ball of right foot and scuff left foot next to right

**LADY:** Step ¼ turn to the left on left foot; pivot ¼ turn to the left on ball of left foot and scuff right foot next to left

**Partners now facing each other. Man facing OLOD, lady facing ILOD**

**Man takes up lady's left hand in his right**

29-30 **MAN:** Step to the left on left foot, cross right foot behind left and step

**LADY:** Step to the right on right foot; cross left foot behind right and step

31-32 **MAN:** Step ¼ turn to the left on left foot; scuff right foot next to left

**LADY:** Step ¼ turn to the right on right foot, scuff left foot next to right

**Partners back in right open promenade position holding inside hands (man's right and lady's left)**

**REPEAT**

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