

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
