

Keep It Up

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Improver
編舞者: Lena Svensson (SWE)
音樂: Don't Turn Your Heater Down - Tommy Castro & Delbert McClinton



RIGHT AND LEFT DIAGONAL LOCK STEPS FORWARD

1-2 Step right diagonally forward, lock left behind right
3&4 Step right diagonally forward, lock left behind right, step right diagonally forward
5-6 Step left diagonally forward, lock right behind left
7&8 Step left diagonally forward, lock right behind right, step left diagonally forward

RIGHT ¼ TURN JAZZ BOX, HEEL TAP, KICKBALL CROSS

1-2 Cross right over left, make a ¼ right stepping left foot back
3-4 Step right to right side, step left beside right (weight ending on left,)
5-6 Tap right heel twice
7&8 Kick right to right, step right foot next to left, place left across right

RIGHT TOE STRUT, CROSS STRUT, ROCK STEP, COASTER CROSS

1-2 Step to right with right toe, flap heel down
3-4 Cross left toe in front of right foot, flap heel down
5-6 Rock diagonally on right foot, recover on left
7&8 Step right back, step left beside right, cross right in front of left

LEFT TOE STRUT, CROSS STRUT, ROCK STEP, COASTER CROSS

1-2 Step to left with left toe, flap heel down
3-4 Cross right toe in front of left foot, flap heel down
5-6 Rock diagonally on left foot, recover on right
7&8 Step left back, step right beside left, cross left in front of right

RIGHT SIDE SHUFFLE, BACK ROCK, LEFT SIDE SHUFFLE, BACK ROCK

1&2 Step right to right, step left beside right, step right to right
3-4 Cross left behind, recover on right
5&6 Step left to left, step right beside left, step left to left
7-8 Cross right behind, recover on left

POINT, HOLD, CROSS, HOLD, ½ UNWIND HEEL BOUNCE, LEFT COASTER STEP

1-2 Point right toe right, hold
3-4 Cross right over left, hold
5-6 Unwind ½ to the left over two counts while bouncing both heels (twice)
7&8 Step left back, step right beside left, step left forward

REPEAT

TAG

When using "Don't Turn Your Heater Down" by Tommy Castor & Delbert McClinton, During 4th wall, dance until count 16 and add

STOMP, HOLD TWICE, KNEE POPS (ELVIS KNEE) X 4

1-2 Stomp right to right, hold
3-4 Stomp left to left, hold
5-8 Pop knee in left, right, left, right (weight ending on left foot)