

Keep It Up

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Robbie McGowan Hickie (UK) - July 2008
音樂: I Won't Tell - Jay Sean



Intro: 32 Counts intro.

Or Music: "Bring It On" by Leon Jean Marie (110 bpm...32 Count intro) CD Single (EP2) "Bring It On"...3mins
14 secs Both Tracks also Available: www.7digital.com

Left Step Forward. Side Rock 1/4 Turn Left. Right Coaster 1/4 Turn Right. Step. Pivot 1/4 Turn Right. Left Cross Shuffle.

1 Step forward on Left.
2 – 3 Make 1/4 turn Left stepping Right to Right side, pushing hips Right. Recover weight on Left.
4&5 Make 1/4 turn Right stepping back on Right. Step Left beside Right. Step forward on Right.
6 – 7 Step forward on Left. Pivot 1/4 turn Right.
8&1 Cross step Left over Right. Step Right to Right side. Cross step Left over Right. (Facing 3 o'clock)

(&) Cross Rock. Left Sailor 1/2 Turn Left. Forward Rock. Jump Diagonally Back Right. Touch.

&2 – 3 Step ball of Right to Right side. Cross rock Left over Right. Rock back on Right.
4&5 Left sailor turning 1/2 turn Left stepping Left. Right. Left. (Facing 9 o'clock)
6 – 7 Rock forward on Right. Rock back on Left.
&8 Jump ball of Right Diagonally back to Right side. Touch Left toe beside Right popping Left knee in.

Side Step Left. Back Rock. Right Lock Step Forward. Lunge Forward. Cross. Back. 1/2 Turn Left.

1 Long step Left to Left side, dragging Right towards Left.
2 – 3 Rock back on Right. Rock forward on Left.
4&5 Step forward on Right. Lock step Left behind Right. Step forward on Right.
6 – 7 Lunge forward on Left. Recover weight on Right.
8&1 Cross step Left over Right. Step back on Right. Make 1/2 turn Left stepping forward on Left.

Full Turn Left. Right Mambo Forward. Left Mambo Back. Pivot 1/2 Turn Right.

2 – 3 Make 1/2 turn Left stepping back on Right. Make 1/2 turn Left stepping forward on Left.
4&5 Rock forward on Right. Rock back on Left. Step back on Right. (Facing 3 o'clock)
6&7 Rock back on Left. Rock forward on Right. Step forward on Left.
8 Pivot 1/2 turn Right. (Weight on Right) (Facing 9 o'clock)

Side Step 1/4 Turn Right. Behind & Heel Tap. Right Diagonal Kick-Ball-Cross. 1/4 Turn Right. 1/2 Turn Right. Side Rock & Cross with 1/4 Turn Right.

1 Make 1/4 turn Right stepping Left to Left side. (Facing 12 o'clock)
2&3 Cross Right behind Left. Step ball of Left to Left side. Tap Right heel Diagonally forward Right.
4&5 Kick Right Diagonally forward Right. Step ball of Right back to place. Cross step Left over Right.
6 – 7 Make 1/4 turn Right stepping forward on Right. Make 1/2 turn Right stepping back on Left.
8&1 Make 1/4 turn Right rock Right out to Right side. Recover weight on Left. Cross step Right over Left.

Chasse Left. Back Rock & Point Out. Right Sailor 1/4 Turn Right. Step. Pivot 1/4 Turn Right.

2&3 Step Left to Left side. Close Right beside Left. Step Left to Left side. (Facing 12 o'clock)
4&5 Rock back Right behind Left. Rock forward on Left. Point Right toe out to Right side.

6&7 Cross Right behind Left making 1/4 turn Right. Step Left beside Right. Step forward on Right.
8 – 1 Step forward on Left. Pivot 1/4 turn Right. (Facing 6 o'clock)

Hip Bumps Diagonally Left. Behind & Cross. Hip Bumps Diagonally Right. Behind & Step Forward.

2&3 Touch Left toe Diagonally forward Left – bumping hips Left. Right. Left. (Weight on Right)
4&5 Cross Left behind Right. Step Right to Right side. Cross step Left over Right.
6&7 Touch Right toe Diagonally forward Right – bumping hips Right. Left. Right. (Weight on Left)
8&1 Cross Right behind Left. Step Left to Left side. Step forward on Right.

Step Forward. Pivot 1/2 Turn Right. Left Shuffle 1/2 Turn Right. Back Rock. Right Kick-Ball-Step.

2 – 3 Step forward on Left. Pivot 1/2 turn Right. (Facing 12 o'clock)
4&5 Left shuffle turning 1/2 turn Right stepping Left. Right. Left.
6 – 7 Rock back on Right. Rock forward on Left. (Facing 6 o'clock)
8& Kick Right forward. Step ball of Right beside Left.

Start Again
