

# Keep on Up

拍數: 32      牆數: 4  
編舞者: Jo Conroy (UK) - January 2009  
音樂: Up - The Saturdays

級數: Easy Intermediate



## Step Twist Twist, Kick Ball Change, Step pivot ¼, Step

1-2      Step R foot fwd, Twist both heels to the Right (bending both Knees )  
3      Twist Both Heels to centre  
4&5      Right Kick Ball Change  
6-7      Step fwd on Right, Pivot ¼ turn Left  
8      Step Fwd on Right

## Pivot ¼ Left, Cross, Side, R Sailor & Kick & Cross, Hold Ball Cross

1-2 T      urn ¼ Left, Cross Right Foot over left  
3      Step Side on Left  
4&5      Right Sailor & Right Kick  
&6      Step down on to Right & Cross left Over Right  
7      Hold for one count  
&8      & Step Right to Right Side & Cross left over Right

## Step, Left Sailor ¼ turn left & Right Sailor ¼ turn Left, Left sailor ¼ turn Left & Turn Step

1      Step right to Right Side,  
2&3      Left Sailor ¼ turn Left  
4&5      Right Sailor Step in place  
6&7      Left Sailor ¼ Turn Left  
&8      Cross Right Behind Left, & ¼ Turn Left stepping on to left Foot

## Step Pivot ½ Turn Left x 2, Jazz Box

1-2      Step Right Foot fwd, Turn ½ Turn Left,  
3-4      Step right Foot Fwd, Turn ½ turn Left  
5-6      Cross Right over left, step Left foot back  
7-8      Step Right foot to Right Side, Step left foot fwd

Tag Repeat last 8 Counts facing 9, 0clock on the 9th wall, start the dance again from the top.

## Big Finish:

On the last wall facing 3 0clock instead of the Jazz box cross Right over left and Unwind to face the front.

Enjoy Keep it Funky