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| Keep Up |  |

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| **Count:** | 48 | **Wall:** | 2 | **Level:** | Intermediate | . |
| **Choreographer:** | Angie Mullis - April 2020 | | | | |
| **Music:** | Down to the Honkytonk - Jake Owen | | | | |
| . | | | | | | |

**or “Keep Up” by RaeLynn (both songs have a 16-count intro),**

**or “Stay Home” by Big & Rich (steps begin with 2nd count of 8 steps after 8 count intro of beginning lyrics)**

**Scuff step X 2, triple step back, step turn ½**

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| --- | --- |
| 1 & 2 | Scuff right foot, hitch right knee up as tap left heel, step on right foot |

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| --- | --- |
| 3 & 4 | Scuff left foot, hitch left knee up as tap right heel, step on left foot |

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| 5 & 6 | Triple step as turn ½ to the right (right, left, right) |

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| 7 & 8 | Step forward on left, pivot turn ½ to right, step on left |

**Point step X 4; knee hitch, point, hitch X 2**

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| 1 & 2 & | Point or kick right foot out to front, step on right, point or kick left foot out to left, step on left |

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| --- | --- |
| 3 & 4 & | Point or kick right foot out to right, step on right, point or kick left foot to rear, step on left |

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| --- | --- |
| 5 & 6 & | Hitch right knee up as touch knee with both hands, point right foot out to right, hitch right knee up, step on right foot |

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| --- | --- |
| 7 & 8 & | Hitch left knee up as touch knee with both hands, point left foot out to left, hitch left knee up, step on left foot |

**Triple step, step kick, step turn ½, toes out, heels out, heels in, feet together**

|  |  |
| --- | --- |
| 1 & 2 | Triple step forward right, left, right |

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| --- | --- |
| 3, 4 | Step on left as kick right foot up and forward recover on right foot (or stomp left, stomp right) |

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| --- | --- |
| 5 & 6 | Step forward on left foot, pivot turn ½ to right, bring feet together |

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| 7 & 8 & | Face toes out to sides at diagonal, point heels out at diagonal, bring heels back in, place feet together |

**Scuff step across X 2, feet out, cross, unwind ½ to left, jump**

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| --- | --- |
| 1 & 2 | Scuff right foot, hitch right knee up, step on right as cross right over left |

|  |  |
| --- | --- |
| 3 & 4 | Scuff left foot, hitch left knee up, step on left foot as cross left over right |

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| --- | --- |
| 5 & 6 | Step on right foot as place out to right side, step on left foot as place out to left side, jump as Cross feet right foot over left |

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| 7,8 | Unwind as pivot to turn ½ to left, jump up with both feet (or stomp right foot) |

**Triple step with ¼ turn, step turn ½, triple step, step turn ¾**

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| --- | --- |
| 1 & 2 | Triple step as turn ¼ to right (right, left, right) |

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| --- | --- |
| 3, 4 | Step forward on left foot, pivot turn ½ to right to step on right foot |

|  |  |
| --- | --- |
| 5 & 6 | Triple step forward left, right, left |

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| --- | --- |
| 7, 8 | Step forward on right foot, pivot turn ¾ turn to left to step on left foot |

**Triple step, step turn ½, heel switches, stomp X 3**

|  |  |
| --- | --- |
| 1 & 2 | Triple step forward right, left, right |

|  |  |
| --- | --- |
| 3, 4 | Step forward on left foot, pivot turn ½ to right to step on right foot |

|  |  |
| --- | --- |
| 5 & 6 & | Point left heel out to front, step on left foot, point right heel out to front, step on right foot |

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| --- | --- |
| 7 & 8 | Stomp left foot, stomp right foot, stomp left foot |

**End of steps - No Tags, No Restarts**