Keep Up

Count: 32 **Wall:** 4 **Level:** Intermediate
Choreographer: Isabella Ghinolfi (IT) - May 2020
Music: Keep Up - RaeLynn

Start on lyrics

STEP R TO RIGHT, HOLD (SNAP), STEP L BESIDE RIGHT, STEP R TO RIGHT, HOLD (SNAP), STEP LEFT BESIDE RIGHT, ROLLING VINE TO LEFT,TOUCH

1-2	Right step sideways to right, hold and snap the fingers of the slightly raised right hand
&3-4	L step to right, R step to right, hold and snap fingers of right hand, touch left beside right
5- 8	Returning to the left: left step to the left by turning 1/4, right step to the left rotating 1/2, left step to the left by turning ¼, touch right beside left (12:00)

MASHED POTATO BACK, MOVE FORWARD, HOLD, 2 TIMES FREE

&1-2-3-4	Weight on balls, open heels and crush feet by approaching the heels, going back at the same time for 4 times.
&5-6	Right step forward, left step beside right, hold.
7-8	Right hand forward and sway right to left (weight on left)

(Alternative: two free times. You can bump, make an apple jack or a long hold)

UP AND DOWN BUMPS WITH RIGHT AND LEFT

&1-4	Bringing the right foot slightly forward diagonally to the right, swaying up and down
&5-8	Bringing the left foot slightly forward diagonally to the left, swaying up and down

RIGHT ROCK STEP FORWARD, RIGHT COASTER STEP, RIGHT HEEL GRIND TURNING 1/4 LEFT, RIGHT COASTER STEP

1-2	Right step forward with weight, recover on left
3&4	Right step back, left step beside right, right step forward
5-6	Left heel forward, turn 1/4 to the left (9:00 a.m.)
7&8	Step left back, right step beside left, left step forward.

Repeat

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