Count: 24
Wall: 4
Level: Beginner / Improver
Choreographer: Debbie Mabbs (UK) - April 2015
Music: She Keeps Me Up - Nickelback
\#16 count intro
Section 1: [1-8] SWIVEL HEELS OUT \& IN X2, RIGHT TOE, OUT IN OUT, RIGHT COASTER STEP LEFT TOE OUT IN OUT
1\&2\& Swivel Both Heels Out, In, X2
3\&4 Point right toe to right side, step right toe back beside left instep, point right toe to right side $5 \& 6 \square$ Step back on right, step back on left , step right forward
7\&8 Point left toe to left side, step left toe back beside right instep, point left toe to left side
Section 2: [9-16] DLEFT COASTER STEP, SHUFFLE FORWARD ON THE RIGHT, TURN LEFT TURN RIGHT, $1 / 2$ SHUFFLE TO THE LEFT
1\&2 Step back on left, step back on right, step left forward
3\&4
Shuffle Forward R-L-R
5-6 Step $L$ to $L$ side making $1 / 4$ turn to the $L$ (\& pose) Step $R$ to $R$ side making $1 / 2$ turn to the $R$ (\& pose)
Shuffle $1 / 2$ turn to the Left L-R-L
Section 3: [17-24]■MAMBO FORWARD \& MAMBO BACK, STEP 1/2 PIVOT, RUN RUN RUN (or Triple Turn)
1\&2 Rock forward On R recover back on L Step right back in place
3\&4 Rock back On $L$ recover back on $R$ Step left back in place
5-6 Step forward on R 1/2 Pivot over your $L$ Shoulder (weight is on your $L$ )
7\&8 Run Forward R-L-R (or Triple turn over your L Shoulder)
Weight ends on both feet ready to start the dance again.
ENDING
On Count 1\&2 of Section 3
Rock forward On R recover back on $L, 1 / 2$ turn over your R shoulder, stepping down onto your $R$.
Taa Daa !! End Of Dance
Enjoy \& Let's Dance xx
Debbie Mabbs (Angels LDC) - debbiemabbs@live.co.uk
Last Update - 7th May 2015

