

# Keep Up

Count: 48

Wall: 0

Level: Improver

Choreographer: Francesca Gilmore (UK) - May 2020

Music: Keep Up - RaeLynn



(Start after 24 counts) No Tags. No Restarts.

## Walk forward x2, R shuffle forward, L syncopated rocking chair x2

- 1,2 Walk forward on Right, walk forward on Left
- 3&4 Step right forward, step left next to right, step forward on right
- 5&6& Rock forward on left, Recover weight onto right (&) Rock back on left, recover weight onto right(&)
- 7&8& Repeat counts 5&6&

## Step, syncopated R jazz box ¼ cross, side behind side, cross shuffle

- 1 Step forward on left
- 2,3&4 Cross right over left, step back on left, ¼ right stepping right to right side(&), cross left over right.
- 5,6& step right to right side, step left behind right, step right to right side(&),
- 7&8 cross left over right, step right to right(&), side cross left over right.

## R side rock, behind side in front, L side rock, behind side in front.

- 1,2 Rock right out to right side, recover weight onto left
- 3&4 Step right behind left, step left to left side, cross right over left
- 5,6 Rock left out to left side, recover weight onto right
- 7&8 Step left behind right, step right to right side, cross left over right.

## R chasse, 1/4 chasses x2. Left shuffle ½. Full turn in total

- 1&2 Step right to right side, step left next to right, Step right to right side
- 3&4 ¼ turn left stepping left to left side, step right next to left, step left to left side
- 5&6 ¼ turn left stepping right to right side, step left next to right, step right to right side.
- 7&8 ¼ turn left stepping left to left side, step right next to left, ¼ turn left stepping forward on left.

## Walk forward x2, R mambo step. Walk back x2 L rock recover (low kick R)

- 1,2 Walk forward on right, walk forward on left
- 3&4 Rock forward on right, recover weight onto left, step back slightly on right
- 5,6 Walk back on left, walk back on right
- 7,8 Rock back onto left, (right foot slightly lifts off the ground) recover weight back onto right.

## Shuffle forward x2, step out out, step in in, reverse body roll (two hip bumps R,L)

- 1&2 Step forward on left, step right next to left, step forward on left
- 3&4 Step forward on right, step left next to right, step forward on right
- &5&6 step left out to left side, step right out to right side, step in on left, step in on right (knees slightly bent).
- 7,8 Body roll up (hips, chest, head) (bump right, left). Weight on left to finish

Restart and enjoy.