

She Keeps Me Up

Compte: 48

Mur: 4

Niveau: Intermediate

Chorégraphe: Cass Brosseau & Antoine Pambrum - June 2025

Musique: She Keeps Me Up - Nickelback



Section 1: walk forward R-L-R, pivot turn (Left), walk forward R-L-R, pivot turn (left)

- 1-4 walk forward R-L-R, pivot turn(left)
- 5-8 walk forward R-L-R, pivot turn(left)

Section 2: Cross side heel, step, cross side heel, lock step, hitch, Lock step hitch

- 1&2 cross R over L ,step L, heel R
- &3&4 step R , cross L over R, step R, Heel L
- 5-8 lock L behind R, hitch R, Lock L behind R ,hitch R

Section 3: Stomp , Stomp ,Slide, Rock , full turn

- 1-4 Stomp R, Stomp L, Slide L
- 5-8 Rock R ,full turn

Section 4: rock recover, coaster step ,heel toe,stomp , Heal toe, stomp,coaster step, stomp , Hitch

- 1-2-3&4 rock L, coaster step with L
- 5&6-7&8 heel toe stomp R, Heel toe stomp L

Section 5: Stomp , Hitch , coaster step , Rock step, Shuffle

- 1-2-3&4 Stomp R, Hitch R, coaster step with R
- 5-6-7&8 rock step L, 1/2 shuffle Left

Section 6: Jazz box ,Jazz Box, Stomp ,Stomp, hip , hip

- 1&2 jazz box R,
- 3&4 Jazz box L 1/4 R,
- 5-6-7-8 Stomp L, Stomp R ,Hip L, Hip R

Tag/Restart: 2 Tag (32counts)

- 1-2-3-4 Touch RF , Cross R over L, unwind 1/2,Body roll X2 (L t R)
- 5-6-7-8 slide R ,Heel L x2,

1&2-3&4 STEP FORWARD TURNING 1/4 LEFT, RECOVER, STEP, STEP

5-6-7&8 Rock step L, coasters step

1-2-3-4 Touch RF , Cross R over L, unwind 1/2,Body roll X2 (L t R)

5-6-7-8 slide R ,Heel L x2,

1&2-3&4 STEP FORWARD TURNING 1/4 LEFT, RECOVER, STEP, STEP

5-6-7&8 Rock step L, coasters step

****1st tag : wall 2 (16 counts)****

****2nd tag: wall 4 ****

****3 tag: wall 5 (34 counts)****

☐ Happy dancing! Feel free to customize the dance as needed to fit your style and music choice