

# Keep Up

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Nelly Billes (DE) - February 2020  
音樂: Keep Up - RaeLynn



**No Tag. No Restart.**

## SECTION 1:

1 - 2      STEP FORWARD RIGHT - STEP FORWARD LEFT  
3&4      TOUCH FORWARD RIGHT - HEEL SPLIT (Hold the weight on the footballs and move both heels: in, out, in.)  
5 - 6      STEP BACK RIGHT - STEP BACK LEFT  
7&8      TOUCH BACK RIGHT - HEEL SPLIT (Hold the weight on the footballs and move both heels: in, out, in.)

## SECTION 2:

1 - 2      STEP OUT RIGHT - HIP BUMPS (Step right foot to right side, bumping hips right and left.)  
3&4      CROSS BEHIND - SIDE STEP LEFT - CROSS (Cross right behind left. Step left to the left. Cross right over left.)  
5 - 6      STEP OUT LEFT - HIP BUMPS (Step left foot to left side, bumping hips left and right.)  
7&8      CROSS BEHIND - SIDE STEP RIGHT - CROSS (Cross left behind right. Step right to the right. Cross left over right.)

## SECTION 3:

1 - 2      SIDE STEP RIGHT - 1/2 TURN LEFT - STEP FORWARD LEFT  
3&4      CROSS SHUFFLE (Cross right over left. Step left to left side. Cross right over left.)  
5 - 6      SIDE STEP LEFT (Step to the left and behind your knees slightly.) - HOOK RIGHT (Lift foot and cross in front of supporting leg.)  
7&8      SHUFFLE RIGHT (Step forward right. Close left beside right. Step forward right.)

## SECTION 4:

1 - 2      SIDE STEP LEFT - CROSS BEHIND (Cross right behind left.)  
&3&4      SIDE STEP LEFT - HEEL TOUCH RIGHT - CROSS (Cross left over right.)  
5 - 8      JAZZ BOX STOMP (Cross right over left. Step back on left. Step right to right side. Stomp forward left.)

**Have fun, enjoy the dance and do not forget to smile!**

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