

# Keep Up

拍數: 48      牆數: 0      級數: Improver  
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音樂: 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.