

Keep Going Up

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Penny Tan (MY) - December 2023
音樂: Keep Going Up - Timbaland, Nelly Furtado & Justin Timberlake



Intro 16C after heavy beat (on vocal "on")

*No tag No restart

SEC1:WALK FWD R-L , 1/4 TURN L SIDE ROCK, ¼ TURN R RECOVER ,TOGETHER , ¼ TURN R ,SIDE ROCK ,1/4 TURN L ,RECOVER ,TOGETHER ,WALK BACK R-L

1-2 Walk fwd R ,walk fwd L
3&4 ¼ turn L ,rock RF to R ,1/4 turn R ,recover on L , step RF next to LF
5&6 ¼ turn R ,rock LF to L ,1/4 turn L ,recover RF on R ,step LF next to RF
7-8 Walk back R, walk back L

SEC2: VINE, L ROLLING VINE

1-2 Step RF to R, Step L behind RF
3-4 Step RF to R, point to L side
5-6 1/4 turn L step LF fwd (9:00),1/2 turn L step RF backward(3:00)
7-8 1/4 turn L step LF to L side(12:00),touch RF beside LF

SEC3:SAILOR STEP ,1/4 TURN L SAILOR STEP ,SKATE

1&2 Cross RF behind LF,step LF to L ,step RF on R
3&4 ¼ turn L , sweep LF behind RF,step RF next to LF , step LF fwd
5-8 Skate fwd R-L-R-L

SEC4:1/2 TURN R WALK ,MAMBO ,FWD SHUFFLE

1-4 Walk ½ turn R (R-L-R-L)
5&6 Rock RF to R ,recover on L,step RF next to LF
7&8 Fwd shuffle L-R-L

Have fun and happy dancing!