

Keep It Up

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Count: 64

Wall: 4

Level: Beginner / Improver

Choreographer: Sobrielo Philip Gene (March 2015) (Soul Dancer Singapore)

Music: Got To Give It Up by Marvin Gaye

Intro: 32 counts @ 0.21

[1-8] ROLLING VINE RIGHT CLAP, ROLLING VINE LEFT CLAP

- 1-2** Making $\frac{1}{4}$ right step right forward (1), making $\frac{1}{2}$ turn right step left back (2)
- 3-4** Making $\frac{1}{4}$ right step right to right (3), touch left beside right and Clap (4)
- 5-6** Making $\frac{1}{4}$ left step left forward (5), making $\frac{1}{2}$ turn left step right back (6)
- 7-8** Making $\frac{1}{4}$ left step left to left (7), touch right beside left and clap (8) (12:00)

[9-16] HEEL SWITCHES RIGHT, DOUBLE, HEEL SWITCHES LEFT, DOUBLE

- 1&2** Bring right heel forward (1), step right beside left (&), bring left heel forward (2)
- &3-4** Step left beside right (&), bring right heel forward (3), tap right heel forward (4)
- &5&6** Step right beside left (&), bring left heel forward (5), step left beside right (&) Bring right heel Forward (6)
- &7-8&** Step right beside left (&), bring left heel forward (7), tap left heel forward (8), step left beside right (&)(12:00)

[17-24] ROCK FORWARD RECOVER, 1/2 RIGHT TURN SHUFFLE, ROCK FORWARD, RECOVER, 1/2 LEFT TURN SHUFFLE

- 1-2** Rock forward right (1), recover weight onto left (2)
- 3&4** Making $\frac{1}{4}$ right step right to right (3), step left beside right (&), making $\frac{1}{4}$ right step right forward (4) (6:00)
- 5-6** Rock forward left (5), recover weight onto right (6)
- 7&8** Making $\frac{1}{4}$ left step left to left (7), step right beside left (&), making $\frac{1}{4}$ left step left Forward (8) (12:00)

[25-32] SKATES FORWARD RIGHT, LEFT, DOUBLE RIGHT, HIPS BUMPS

- 1-2** Slide right diagonally forward right (1), slide left diagonally forward to left (2)

Hands: Point right hand up diagonally to the right (1), point right hand down to left (2)

3&4 Slide right diagonally forward to right (3), step left slightly beside right (&), slide right diagonally forward right (4) (weight on right)

Hands: Point right hand up diagonally twice

5 Step left to left (5)

Hands: Point right hand to right (5) (Looks like you are pointing to the people on the right of the room)

6&7&8 Bump hips left, right, left, right, left (weight on left)

Hands: Bring hand from right to left (6&7&8) (Looks like you are pointing to everyone across the room)

[33-40] JAZZ BOX 1/4, JAZZ BOX

1-4 Cross right over left(1), step left slightly back(2), making 1/4 turn right step right to right(3), step left beside right(4)(3:00)

5-8 Cross right over left(5), step left slightly back(6), step right slightly to right(7), step left beside right(8)(3:00)

[41-48] FORWARD SHUFFLE, PIVOT 1/2, FORWARD SHUFFLE PIVOT 1/2

1&2 Step forward right(1), step left beside right(&), step right forward(2)

3-4step left forward(3), turn 1/2 right transferring weight onto right(4)(9:00)

5&6 Step forward left (5), step right beside left (&), step left forward(6)

3-4step right forward(7), turn 1/2 left transferring weight onto left(8)(3:00)

[49-56] WALK FORWARD KICK, WALK BACK TOUCH

1-4 Step right forward (1), step left forward(2), step right forward(3), kick left forward(4)

5-8 Step left back(5), step right back (6), step left back(7), touch right beside left(8) (3:00)

[57-64] DIAGONAL SHUFFLE (With hand rolls)

1&2 Step right diagonally forward(1), step left beside right(&), step right diagonally forward(2)

3&4 Step left diagonally forward(3), step right beside left(&), step left diagonally forward(4)

5&6 Step right diagonally forward(5), step left beside right(&), step right diagonally forward(6)

7&8 Step left diagonally forward(7), step right beside left(&), step left diagonally forward(8) (3:00)

Hands: Roll your hands while doing the diagonal shuffles at chest level

Restart

Contact: sphilipg@hotmail.com

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