

# Keep It Up (□□□□ )

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**Count:** 64      **Wall:** 2      **Level:** 0 Level

**Choreographer:** Robbie McGowan Hickie (July 08) UK

**Music:** I Won't Tell by Jay Sean (CD: On My Own [110bpm]) Or Music: "Bring It On" by Leon Jean Marie (110 bpm...32 Count intro) CD Single (EP2) "Bring It On"...3mins 14 secs Both Tracks also Available: [www.7digital.com](http://www.7digital.com)

□□□ 32 Counts intro 32□□□□

□□□

**Left Step Forward. Side Rock 1/4 Turn**

**Left. Right Coaster 1/4 Turn Right. Step. Pivot 1/4 Turn Right. Left Cross**

**Shuffle.**

□ , 1/4□□□ □□ , 1/4□□□ , □ □ 1/4, □□□□

**1**

**Step forward on Left. □□□□**

**2 - 3**

**Make 1/4 turn Left stepping Right to Right side, pushing hips Right.**

**Recover weight on Left. □□ 90□□□□□□□□ , □□□□**

**4&5**

**Make 1/4 turn Right stepping back on Right. Step Left beside Right. Step**

**forward on Right. □□ 90□□□□□□ , □□□□ , □□□□**

**6 - 7**

**Step forward on Left. Pivot 1/4 turn Right.**

□□□□ , □□□ 90□

**8&1**

**Cross step Left over Right. Step Right to Right side. Cross step Left over Right. (Facing 3 o'clock)**

□□□□□□□□ , □□□□ , □□□□□□□□ (□□ 3□□ )

□□□

& Cross Rock. Left Sailor 1/2

**Turn Left. Forward Rock. Jump Diagonally Back Right. Touch.**

□□ □□□□

□□ , □□□□ , □□ □□ , □□□□ □

&2 - 3

**Step ball of Right to Right side. Cross rock Left over Right. Rock**

**back on Right.** □□□□ , □□□□□□□□ , □□□□

4&5

**Left sailor turning 1/2 turn Left stepping Left. Right. Left. (Facing 9 o'clock) □ 180□□□□ -**  
□ , □ , □ (□□ 9□□ )

6 - 7

**Rock forward on Right. Rock back on Left.** □□□□ , □□□□

&8

**Jump ball of Right Diagonally back to Right side. Touch Left toe beside**

**Right popping Left knee in.**

□□□□□□□□ , □□□□□□□□

□□□

**Side Step Left. Back Rock. Right Lock**

**Step Forward. Lunge Forward. Cross. Back. 1/2 Turn Left.**

□□□ , □□□ □□ , □□□ , □□□ □□ , □□ □ □

**1**

**Long step Left to Left side, dragging Right towards Left.**

□□□□□□□□

**2 - 3**

**Rock back on Right. Rock forward on Left. □□□□ , □□□□**

**4&5**

**Step forward on Right. Lock step Left behind Right. Step forward on**

**Right. □□□□ , □□□□□□□□ , □□□□**

**6 - 7**

**Lunge forward on Left. Recover weight on Right.**

□□□□□□ , □□□□

**8&1**

**Cross step Left over Right. Step back on Right. Make 1/2 turn Left**

**stepping forward on Left.**

□□□□□□□□□□ , □□□□□□ , □□ 180□□□□□□

□□□

**Full Turn Left. Right Mambo Forward.**

**Left Mambo Back. Pivot 1/2 Turn Right.**

□

□ , □□□□ , □□□□ , □ □

**2 - 3**

**Make 1/2 turn Left stepping back on Right. Make 1/2 turn Left stepping**

**forward on Left. □□ 180□□□□ , □□ 180□□□□**

**4&5**

**Rock forward on Right. Rock back on Left. Step back on Right. (Facing 3 o'clock) □□□□ , □□□□ , □□□□ (□□ 3□□ )**

**6&7**

**Rock back on Left. Rock forward on Right. Step forward on Left.**

**□□□□ , □□□□ , □□□□**

**8**

**Pivot 1/2 turn Right. (Weight on Right) (Facing**

**9 o'clock)**

**□□□□ 180□ (□□□□□□ ) (□□ 9□□ )**

**mso-font-kerning:0pt">□□□□**

**mso-font-kerning:0pt">**

**mso-font-kerning:0pt">Side Step 1/4 Turn Right. Behind & Heel Tap. Right**

**Diagonal Kick-Ball-Cross. 1/4 Turn Right. 1/2 Turn Right. Side Rock &**

**Cross with 1/4 Turn Right.**

**mso-font-kerning:0pt">1/4□□ , □□**

**□□ □□ , □□□□ □□□□ , 1/4 1/2,**

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**1**

**Make 1/4 turn Right stepping Left to Left side. (Facing 12 o'clock)**

□ □ 90□□□□ (□ □ 12□ □ )

**2&3**

**Cross Right behind Left. Step ball of Left to Left side. Tap Right heel**

**Diagonally forward Right.**

□□□□□□□□ , □□□□ , □□□□□□

**4&5**

**Kick Right Diagonally forward Right. Step ball of Right back to place.**

**Cross step Left over Right.**

□□□□□□ , □□□ , □□□□□□□□

**6 - 7**

**Make 1/4 turn Right stepping forward on Right. Make 1/2 turn Right**

**stepping back on Left. □ □ 90□□□□□□ , □ □ 180□□□□□□**

**8&1**

**Make 1/4 turn Right rock Right out to Right side. Recover weight on Left.**

**Cross step Right over Left.**

□ □ 90□□□□□□ , □□□□ , □□□□□□□□

mso-font-kerning:0pt">□□□

mso-font-kerning:0pt">

mso-font-kerning:0pt">Chasse Left. Back Rock & Point Out. Right Sailor

**1/4 Turn Right. Step. Pivot 1/4 Turn Right. □□□ , □□□**

□□ □□ ,

1/4□□□ , □

□ 1/4

2&3

**Step Left to Left side. Close Right beside Left. Step Left to Left side.**

(Facing 12 o'clock) □□□□ , □□□□ , □□□□ (□□ 12□□ )

4&5

**Rock back Right behind Left. Rock forward on Left. Point Right toe out**

**to Right side.** □□□□□□□□ , □□□□ , □□□□

6&7

**Cross Right behind Left making 1/4 turn Right. Step Left beside Right.**

**Step forward on Right.**

□□ 90□□□□□□□□□□ , □□□□ , □□□□

8 - 1

**Step forward on Left. Pivot 1/4 turn Right. (Facing**

**6 o'clock)**

□□□□ , □□□□ 90□ (□□ 6□□ )

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mso-font-kerning:0pt">**Hip Bumps Diagonally Left. Behind & Cross. Hip**

**Bumps Diagonally Right. Behind & Step Forward.**

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□ □ , □□□□□□ , □

□ □

### 2&3

**Touch Left toe Diagonally forward Left - bumping hips Left. Right. Left.**

**(Weight on Right)** □□□□□□□□ -□ , □ , □ (□□□□ )

### 4&5

**Cross Left behind Right. Step Right to Right side. Cross step Left over**

**Right.** □□□□□□□□ , □□□□ , □□□□□□□□

### 6&7

**Touch Right toe Diagonally forward Right - bumping hips Right. Left. Right.**

**(Weight on Left)** □□□□□□□□ -□ , □ , □ (□□□□ )

### 8&1

**Cross Right behind Left. Step Left to Left side. Step forward on Right.**

□□□□□□□□ , □□□□ , □□□□

mso-font-kerning:0pt">□□□

mso-font-kerning:0pt">

mso-font-kerning:0pt">Step Forward. Pivot 1/2 Turn Right. Left Shuffle 1/2

**Turn Right. Back Rock. Right Kick-Ball-Step.**

mso-font-kerning:0pt">□ □

mso-font-kerning:0pt">, □□□ , □□□

□□ , □ □ □

### 2 - 3

**Step forward on Left. Pivot 1/2 turn Right. (Facing**

**12 o'clock)**

□□□□ , □□□ **180** (□□ **12**□□ )

**4&5**

**Left shuffle turning 1/2 turn Right stepping Left. Right. Left.**

□ **180**□□□□ -□ , □ , □

**6 - 7**

**Rock back on Right. Rock forward on Left. (Facing**

**6 o'clock)**

□□□□ , □□□□ (□□ **6**□□ )

**8&(1)**

**Kick Right forward. Step ball of Right beside Left. (1) Step forward on**

**Left.** □□□□ , □□□□ , □□□ **1**□□□□