

# Keep Up

LINEDANCE.COM

**Count:** 32                      **Wall:** 4                      **Level:** Beginner

**Choreographer:** Nelly Billes - February 2020

**Music:** Keep Up by RaeLynn

**No Tag. No Restart.**

## SECTION 1:

**1 - 2STEP FORWARD RIGHT - STEP FORWARD LEFT**

**3&4TOUCH FORWARD RIGHT - HEEL SPLIT (Hold the weight on the footballs and move both heels: in, out, in.)**

**5 - 6STEP BACK RIGHT - STEP BACK LEFT**

**7&8TOUCH BACK RIGHT - HEEL SPLIT (Hold the weight on the footballs and move both heels: in, out, in.)**

## SECTION 2:

**1 - 2STEP OUT RIGHT - HIP BUMPS (Step right foot to right side, bumping hips right and left.)**

**3&4CROSS BEHIND - SIDE STEP LEFT - CROSS (Cross right behind left. Step left to the left. Cross right over left.)**

**5 - 6STEP OUT LEFT - HIP BUMPS (Step left foot to left side, bumping hips left and right.)**

**7&8CROSS BEHIND - SIDE STEP RIGHT - CROSS (Cross left behind right. Step right to the right. Cross left over right.)**

## SECTION 3:

**1 - 2SIDE STEP RIGHT - 1/2 TURN LEFT - STEP FORWARD LEFT**

**3&4CROSS SHUFFLE (Cross right over left. Step left to left side. Cross right over left.)**

**5 - 6SIDE STEP LEFT (Step to the left and behind your knees slightly.) - HOOK RIGHT (Lift foot and cross in front of supporting leg.)**

**7&8SHUFFLE RIGHT (Step forward right. Close left beside right. Step forward right.)**

**SECTION 4:**

**1 - 2SIDE STEP LEFT - CROSS BEHIND (Cross right behind left.)**

**&3&4SIDE STEP LEFT - HEEL TOUCH RIGHT - CROSS (Cross left over right.)**

**5 - 8JAZZ 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!**