

# Keep Up

LINEDANCE.COM

**Count:** 48      **Wall:** 2      **Level:** Improver

**Choreographer:** Roger(leftfoot)Hunter (March 2020)

**Music:** Keep Up by Raelynn

## #24 ct intro No tags or Restarts

### S-1) Cross,Back,Back,Cross,Back,Back,Cross,Run,Run,Run,Walk,Walk.

**1&2&3&4** Cross R over L,step L back,step R back,cross L over R,step R back,step L back,step R forward.

**5&6 7,8** Step L forward,step R forward,step L forward,walk forward R,L

### S-2) Tri Rocker R,Shuffle L,Sailor R ¼ Turn R

**1&2&3&4** Rock R forward,recover on L,rock R to side,recover on L, rock R back,recover on L,step R next to L.

**5&6 7&8** Step L to L,close R to L,step L to L,sweep R behind L making ¼ turn R,recover on L,step R forward

### S-3) Tri Rocker L,shuffle R,Coaster L

**1&2&3&4** Rock L forward,recover on R,rock L to side,recover on R, rock L back,recover on R,step L next to R

**5&6 7&8** Step R to R,close L to R,step R to R,step back on L,step back slightly on R,step L forward.

### S-4) Walk,Walk,Triple ½ L ,Rock,Recover,Triple ½ R

**1,2,3&4** Step R forward,step L forward, step R forward ¼ turn L,close L to R, step R to R ¼ turn L.

**5,6 7&8** Rock back on L,recover on R,Step L forward ¼ turn R,close R to L, step L ¼ turn R

### S-5) Heel,Heel,Behind Side Cross, R and L.

**1,2 3&4** Tap R heel forward on diagonal x2,step R behind L,step L to L,step(cross)R over L

**5,6 7&8** Tap L heel forward on diagonal x2,step L behind R,step R to R,step(cross)L over R

### S-6) Shuffle Box R,L,R,L

**1&2,3&4** Step R to R,close L to R,step R to R ¼ turn L,step L to L,close R to L,step L to L ¼ turn R.

**5&6,7&8** Step R to R,close L to R,step R to R ¼ turn L,step L to L,close R to L,step L to L.

**(Dance ends with S-4)5,6 7&8)Rock back on L,recover on R,Step L forward ¼ turn  
R,close R to L,step L to L.(facing 12:00)**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=140302](https://www.linedance.com/index.php?f=dance_view&id=140302)