

Gotta Keep Up

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Count: 32 **Wall:** 4 **Level:** Intermediate

Choreographer: Janet Cummings - USA - 29 February 2020

Music: Keep Up - Raelynn. Album: Keep Up - 3:11

Intro: 24 Count - No Tags or Restarts - Pattern is Clockwise

SECTION 1: R SHUFFLE FORWARD, L SHUFFLE FORWARD, SKATE R, L, R, L

1&2, 3&4: R Shuffle Forward (R, L, R); L Shuffle Forward (L, R, L);

5, 6, 7, 8: Skate R, L, R, L

SECTION 2: R REVERSE PIVOT, HOLD, OUT-OUT, HOLD; HEEL JACKS

1, 2: R Toe Behind L Foot, Turn $\frac{1}{2}$ Right Keeping Weight on R, Hold

&3, 4: L/R Quickly Step out to Sides, Hold

&5&6: R Step Back, L Heel Tap Forward (&5), L Step Center, R Toe Tap Back (&6)

&7&8: R Step Back, L Heel Tap Forward, (&7), L Step Center, R Toe Tap Back (&8)

SECTION 3: R CHASSE, BALL TURN $\frac{1}{2}$ RIGHT, STEP L, HOLD; TURN $\frac{1}{4}$ RIGHT-SHUFFLE FORWARD, BALL TURN $\frac{1}{4}$ RIGHT ON R, STEP L TO SIDE, HOLD

1&2: R Side Shuffle/Chasse', (R, L, R)

&3, 4: Ball Turn $\frac{1}{2}$ Right on R Foot-Step L, Hold

&5&6, &7, 8: L Ball Turn $\frac{1}{4}$ Right, Shuffle Forward (R, L, R), R Ball Turn $\frac{1}{4}$ Right-L Step to Side, Hold

SECTION 4: R SAILOR STEP, L $\frac{1}{4}$ TURN SAILOR; R POINT TO SIDE, RETURN, L POINT TO SIDE, RETURN, R HEEL TAP FORWARD, RETURN, L HEEL TAP FORWARD, RETURN

NOTE: Move Back Slightly on each Heel Return.

1&2, 3&4: R Step Behind L, L Step to Side, R Step in Place; L Step Behind R-Turn $\frac{1}{4}$ Left, R Step to Side, L Step in Place

5&6&: R Toe Point to Side, Return (5&), L Point to Side, Return (6&)

7&8&: R Heel Tap Forward, Return (7&), L Heel Tap Forward, Return (8&)

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