

Keep Up

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Count: 32

Wall: 4

Level: Intermediate

Choreographer: Isabella Ghinolfi (May 2020) Wild Angels Country Dance

Music: Keep Up by Raelynn

Start on lyrics

STEP L TO RIGHT, HOLD (SNAP), STEP R BESIDE RIGHT, STEP L TO RIGHT, HOLD (SNAP), STEP LEFT BESIDE RIGHT, ROLLING VINE TO LEFT, TOUCH

1-2 Right step sideways to right, hold and snap the fingers of the slightly raised left hand

&3-4L step to right, L step to right, hold and snap fingers of left hand, touch right beside right

5- 8 Returning to the left: right step to the right by turning $\frac{1}{4}$, left step to the right rotating $\frac{1}{2}$, right step to the right by turning $\frac{1}{4}$, touch left beside right (12:00)

MASHED POTATO BACK, MOVE FORWARD, HOLD, 2 TIMES FREE

&1-2-3-4 Weight on balls, open heels and crush feet by approaching the heels, going back at the same time for 4 times.

&5-6 Right step forward, right step beside right, hold.

7-8 Right hand forward and sway left to right (weight on left)

(Alternative: two free times. You can bump, make an apple jack or a long hold)

UP AND DOWN BUMPS WITH RIGHT AND LEFT

&1-4 Bringing the left foot slightly forward diagonally to the right, swaying up and down

&5-8 Bringing the right foot slightly forward diagonally to the left, swaying up and down

RIGHT ROCK STEP FORWARD, RIGHT COASTER STEP, RIGHT HEEL GRIND TURNING $\frac{1}{4}$ LEFT, RIGHT COASTER STEP

1-2 Right step forward with weight, recover on left

3&4 Right step back, right step beside right, left step forward

5-6 Left heel forward, turn $\frac{1}{4}$ to the right (9:00 a.m.)

7&8 Step right back, left step beside left, right step forward.

Repeat

Isabella Ghinolfi Visit my Web Site www.wildangels.it info@wildangels.it

(134.209.23.89)(2020/06/15 23:16:19)

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=142676