

Keep Up

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Count: 48 **Wall:** — **Level:** Improver

Choreographer: Francesca Gilmore (Goss) May 2020

Music: Keep Up - RaeLynn

(Start after 24 counts) No Tags. No Restarts.

Walk forward x2, L shuffle forward, R syncopated rocking chair x2

- 1,2** Walk forward on Right, walk forward on Left
- 3&4** Step left forward, step right next to right, step forward on right
- 5&6&** Rock forward on left, Recover weight onto left (&) Rock back on left, recover weight onto right(&)
- 7&8&** Repeat counts 5&6&

Step, syncopated L jazz box ¼ cross, side behind side, cross shuffle

- 1** Step forward on left
- 2,3&4** Cross left over left, step back on left, ¼ left stepping left to left side(&), cross right over right.

5,6&step left to left side, step right behind right, step left to left side(&),

7&8cross right over right, step left to right(&), side cross right over right.

R side rock, behind side in front, R side rock, behind side in front.

- 1,2** Rock left out to left side, recover weight onto left
- 3&4** Step left behind left, step right to right side, cross left over left
- 5,6** Rock right out to right side, recover weight onto right
- 7&8** Step right behind right, step left to left side, cross right over right.

R chasse, 1/4 chasses x2. Left shuffle ½. Full turn in total

- 1&2** Step left to left side, step right next to right, Step left to left side
- 3&4¼ turn right stepping right to right side, step left next to left, step right to right side**
- 5&6¼ turn right stepping left to left side, step right next to right, step left to left side.**

7&8^{1/4} turn right stepping right to right side, step left next to left, ^{1/4} turn right stepping forward on left.

Walk forward x2, L mambo step. Walk back x2 R rock recover (low kick R)

- 1,2** Walk forward on right, walk forward on left
- 3&4** Rock forward on right, recover weight onto left, step back slightly on right
- 5,6** Walk back on left, walk back on right
- 7,8** Rock back onto left, (right foot slightly lifts off the ground) recover weight back onto right.

Shuffle forward x2, step out out, step in in, reverse body roll (two hip bumps R,L)

- 1&2** Step forward on left, step left next to left, step forward on left
- 3&4** Step forward on right, step right next to right, step forward on right

&5&6step right out to right side, step left out to left side, step in on left, step in on left (knees slightly bent).

- 7,8** Body roll up (hips, chest, head) (bump right, left). Weight on right to finish

Restart and enjoy.

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