

Keep Up If You Can (a.k.a Dancin' Boots)

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

Choreographer: Hana Ries (USA) - October 2021

Music: - Clayton Smalley & Timothy Baker

Intro: 64 count

S1. CROSS ROCK, SIDE ROCK, SLOW BACK MAMBO TURN 1/4 RIGHT, HOLD

1-4 Cross/Rock R over L - Recover on L - Rock R to side - Recover on L (12:00)

5-8 Turn ¼ right rock R back - Recover on L - Tap R together - Hold (3:00)

S2. CUMBIA STEP, TWISTS

1&2 Rock R behind L - Recover on L - Step R to side (3:00)

3&4 Rock L behind R - Recover on R - Step L to side

5-8 Twist both heel to right - Twist both heel to left - Twist both heel to right - Twist both heel to left

S3. VINE RIGHT, BACK TURN 1/4 LEFT, TOGETHER, HEELS UP & DOWN, HOLD

1-4 Step R to side - Cross L behind R - Step R to side - Cross L over R (3:00)

5-6& Turn ¼ left step R back - Step L together - Raise both heels up (12:00)

7-8 Dropped both heels down - Hold

S4. SLOW BOTAFOGO TURN 1/4 RIGHT, HOLD, SLOW FORWARD SHUFFLE, HOLD

1-4 Cross R over L - Turn ¼ right rock L to side - Recover on R - Hold (3:00)

5-8 Step L forward - Step R together - Step L forward - Hold

S5. DIAGONAL FORWARD, TOGETHER, SYNCOPATED TWISTS

1-2 Step R diagonal forward - Step L together (3:00)

3&4 Twist both heels to right - Twist both heels to left - Twist both heels to right

5-6 Step L diagonal forward - Step R together

7&8 Twist both heels to left - Twist both heels to right - Twist both heels to left

S6. SIDE ROCK, CROSS SHUFFLE

- 1-2** Rock R to side - Recover on L (3:00)
- 3&4** Cross R over L - Step L to side - Cross R over L
- 5-6** Rock L to side - Recover on R
- 7&8** Cross L over R - Step R to side - Cross L over R

S7. SIDE ROCK, BACK ROCK TURN 1/4 RIGHT, ROCKING CHAIR

- 1-4** Rock R to side - Recover on L - Turn ¼ right rock R back - Recover on L (6:00)
- 5-8** Rock R forward - Recover on L - Rock R back - Recover on L

S8. PADDLE TURN 1/8 TURN LEFT (2X), TOES TOUCH, TOGETHER

- 1-4** Step R to side - Turn 1/8 left (weight on L) - Step R to side - Turn 1/8 left (weight on L) (3:00)
- 5-8** Touch R toes forward - Step R together - Touch L toes forward - Step L together

REPEAT

RESTART : On wall 4 & 10 after 32 count

TAG : End of wall 5

- 1-4** Step R diagonal forward - Step L diagonal forward - Step R back to center - Step L together
- 5-8** Touch R to side - Step R together - Touch L to side - Step L together

For more info about step sheet & song, please contact:

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