

Keep Me Up

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Count: 64 **Wall:** 4 **Level:** Improver

Choreographer: Belén Márquez / Octubre 2015

Music: She Keeps Me Up by Nickelback

Start Dancing on Lyrics

S1: STEPS FORWARD, ANCHOR STEP, STEPS BACK WITH SWEEP, SAILOR STEP ¼ LEFT

- 1-2 Step Right Forward, Step Left Forward
- 3&4 Cross rock Right Behind Left, Recover to Left, Recover to Right
- 5-6 Sweep Left Back, Sweep Right Back

7&8¼ Turn Left and Cross Left Behind Right, Step Right Side, Step Left Side

S2: SWAY RIGHT & LEFT, CHASSE RIGHT, SWAY LEFT & RIGHT, CHASSE LEFT

- 1-2 Sway Right Side, Sway Left Side
- 3&4 Step Right Side, Step Left Together, Step Right Side
- 5-6 Sway Left Side, Sway Right Side
- 7&8 Step Left Side, Step Right Together, Step Left Side

S3: TOES TOUCHES, SAILOR STEP ¼ RIGHT, 2 SAILOR STEP (LEFT & RIGHT)

- 1-2 Touch Toe Right Forward, Touch Toe Right Side
- 3&4¼ Turn Right and Cross Right Behind Left, Step Left Side, Step Right Side

- 5&6 Cross Left Behind Right, Step Right Side, Step Left Side
- 7&8 Cross Right Behind Left, Step Left Side, Step Right Side

S4: CROSS, UNWIND, HIP ROLLS, STEPS BACK

- 1-2 Cross Left Behind Right, unwind ½ Turn Left
- 3-4 Roll Hip Right Side, Recover
- 5-6 Roll Hip Left Side, Recover
- 7-8 Step Right Back, Step Left Back

S5: CHASSE RIGHT, CHASSE LEFT ¼ RIGHT, CROSS MAMBO (RIGHT & LEFT)

- 1&2 Step Right Side, Step Left Together, Step Right Side

3&4¼ Turn Right and Step Left Side, Step Right Together, Step Left Side

5&6 Cross Rock Right Behind Left, Recover to Left, Step Right Side

7&8 Cross Rock Left Behind Right, Recover to Right, Step Left Side

S6: SAILOR STEP ¼ RIGHT, 2 SKATES FORWARD, SHUFFLE FORWARD, MAMBO STEP

1&2¼ Turn Right and Cross Right Behind Left, Step Left Side, Step Right Forward

3-4 Left Skate, Right Skate

5&6 Step Left Forward, Step Right Together, Step Left Forward

7&8 Rock Right Forward, Recover to Left, Step Right Back

S7: 2 STEPS BACK, SHUFFLE BACK, 2 STEPS BACK, SHUFFLE BACK

1-2 Step Left Back, Step Right Back

3&4 Step Left Back, Step Right Together, Step Left Back

5-6 Step Right Back, Step Left Back

7&8 Step Right Back, Step Left Together, Step Right Back

S8: SAILOR STEP, SAILOR STEP ¼ RIGHT, SAILOR STEP, CROSS, UNWIND

1&2 Cross Left Behind Right, Step Right Side, Step Left Side

3&4¼ Turn Right and Cross Right Behind Left, Step Left Side, Step Right Side

5&6 Cross Left Behind Right, Step Right Side, Step Left Side

7-8 Cross Right Over Left, unwind ½ Turn Left

REPEAT

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