

KEEP UP

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Count: 32

Wall: 4

Level: intermediate hip hop

Choreographer: Junior Willis

Music: Lose My Breath by Destiny's Child

KICK, ROCK STEP, STEP, KICK, ROCK STEP, STEP, WALK, WALK, MAMBO

1&2& Kick right forward, step right back to home, rock left behind right, step right in place

3&4& Kick left forward, step left back to home, rock right behind left, step left in place

5-6 Walk forward right, walk forward left

7&8 Mambo forward right-left-right (step right forward, left in place, right next to left)

STEP, SLIDE, STEP TOGETHER STEP, HEEL, TOE, STEP ¼ TURN, TOUCH

1-2 Step left out to left while looking left, slide right next to left

Styling option: with palms down and wrists bent, lower left shoulder on step, lower right shoulder on slide

3&4 Step left slightly out to left, step right next to left, step left slightly out to left (still looking left)

Styling option: with palms down and wrists bent, lower left shoulder on step, lower right shoulder on together, lower left should on step

5-6(Looking back to front) place right heel forward, touch right toe back

7-8 Step right forward while making a ¼ turn to right (to 3:00 position), touch left out to left

SAILOR, HIP BUMP, HIP BUMP, HIP BUMP, STEP WITH PUNCH, STEP SWING ARM, TOUCH, STEP

1&2 Sailor left-right-left (step left behind right, step right slightly out to right, step left next to right)

3&4 Push hips out to left side, push hips back, push hips out to right side

Option #1: you could do a left body roll instead of the hip bumps

Option #2: you could just do a hip roll instead of the hip bumps

5 Touch right out to right while punching right fist out to right and looking to right

- &** Hitch right knee while bending right arm in at elbow and starting a to the right circular motion with arm
- 6** Step right beside left while finishing circular motion with right arm, bringing it down to right side

7(Hands in fist position, bent at elbows in front of body), touch left out to left while looking left while lowering left shoulder

- &8** Hitch left knee while bringing arms back to front of body (still bent in fist position) and looking forward, step left next to right while placing arms down to sides

SYNCOPATED VINE WITH CROSS, SYNCOPATED VINE WITH CROSS

- 1&2&** Step right out to right, step left behind right, step right out to right, step left across in front of right
- 3&4** Step right out to right, step left in place, step right across in front of left
- 5&6&** Step left out to left, step right behind left, step left out to left, step right across in front of left
- 7&8** Step left out to left, step right in place, step left across in front of right

REPEAT