

KEEP UP



Chorégraphe : Isabella Ghinolfi

Description : Danse de ligne / Intermédiaire / 32 comptes / 4 murs

Musique : Keep Up by RaeLynn

Intro: Départ sur les paroles

1-8 STEP R TO RIGHT, HOLD (SNAP), STEP L BESIDE RIGHT, STEP R 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 right hand

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

5- 8 Returning to the left: left step to the left by turning 1/4, right step to the left rotating 1/2, left step to the left by turning 1/4, touch right beside left (12:00)

9-16 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, left step beside right, hold.

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

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

17-24 UP AND DOWN BUMPS WITH RIGHT AND LEFT

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

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

25-32 RIGHT ROCK STEP FORWARD, RIGHT COASTER STEP, RIGHT HEEL GRIND TURNING 1/4 LEFT, RIGHT COASTER STEP

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

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

5-6 Left heel forward, turn 1/4 to the left (9:00 a.m.)

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

Bonne Danse!