

# KEEP UP

Count: 48. Wall: 2. Level: Improver

Choreographer: Laura Stanton & Stephen Pistoia – April 2020

Music: **Keep Up** by Raelynn

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**INTRO: 24 count.** No tags or restarts. Weight starts on R

## **SHUFFLE, SHUFFLE, SKATE, SKATE, SKATE, 1/4 RIGHT HITCH**

1&2 Step L forward, Step R beside L, Step L forward

3&4 Step R forward, Step L beside R, Step R forward

5,6 Slide L forward 45° left, Slide R forward 45° right

7,8 Slide L forward 45° left, Turn ¼ right on ball of L hitching R knee **[3:00]**

## **COASTER BACK, SHUFFLE, JAZZ BOX, CROSS**

1&2 Step R back, Step L beside R, Step R forward

3&4 Step L forward, Step R beside L, Step L forward

5-8 Cross R over L, Step L back, Step R to right, Cross L over R

## **SIDE, BEHIND-&-HEEL-&-CROSS, STEP, KICK, COASTER CROSS**

1,2 Step R to right, Step L behind R

&3&4 Step R to right, Touch L heel forward 45° left, Step L beside R, Cross R over L

5,6 Step L to left, Kick R forward over L

7&8 Step R back, Step L beside R, Cross R over L

## **ROCK LEFT-RECOVER-CROSS, ROCK RIGHT-RECOVER-CROSS, STEP, KICK, BACK, REVERSE PIVOT 1/2 RIGHT**

1&2 Rock L to left, Recover onto R, Cross L over R

3&4 Rock R to right, Recover onto L, Cross R over L

5-6 Step L forward, Kick R forward

7-8 Step R back, Reverse Pivot ½ right (**weight on R**) **[9:00]**

**ENDING: DANCE ENDS HERE IN WALL 7**

## **STEP-LOCK-STEP, STEP-LOCK-STEP, WALK, WALK, WALK, KICK**

1&2 Step L forward, Lock R behind L, Step L forward

3&4 Step R forward, Lock L behind R, Step R forward

5-8 Step L forward, Step R forward, Step L forward, Kick R forward

## **EXTENDED WEAVE RIGHT, 1/4 LEFT TOE STRUT, TOE STRUT**

1&2 Step R to right, Step L behind R, Step R to right

&3&4 Cross L over R, Step R to right, Step L behind R, Step R to right

5-8 Turn ¼ left touch L toe forward, Drop heel, Touch R toe forward, Drop heel **[6:00]**

**48 REPEAT**