

Keep It Up

48 count, 4 wall, beginner/intermediate level

Choreographer: Lena Svensson (Sweden)

February 2005

Choreographed to: Don't Turn Your Heater Down by Tommy Castor & Delbert McClinton (108 bpm); (No Tag) Monkey Around by Delbert McClinton, Last Night (clubmix) by Chris Anderson and DJ Robbie LDF 14; (No Tag) Que la de Tenga by David Chivera

Start on vocals (16 counts)

Right and Left diagonal Lock steps forward

- 1-2 Step R diagonally forward, lock L behind R
- 3&4 Step R diagonally forward, lock L behind right, step R diagonally forward
- 5-6 Step L diagonally forward, lock R behind L
- 7&8 Step L diagonally forward, lock R behind right, step L diagonally forward

R 1/4 turn Jazz box, heel tap, kickball cross

- 1-2 Cross R over L, Make a 1/4 R stepping L foot back,
- 3-4 Step R to Right side, step L beside R (weight ending on L,)
- 5-6 Tap R heel twice
- 7&8 Kick R to R, step Rf next to L, place L across R

R Toe strut, cross strut, rock step, coaster cross

- 1-2 Step to R with R toe, flap heel down,
- 3-4 Cross L toe in front of R foot, flap heel down
- 5-6 Rock diagonally on R foot, recover on L
- 7&8 Step R back, step L beside R, cross R in front of L

L Toe strut, cross strut, rock step, coaster cross.

- 1-2 Step to L with L toe, flap heel down,
- 3-4 Cross R toe in front of L foot, flap heel down
- 5-6 Rock diagonally on L foot, recover on R
- 7&8 Step L back, step R beside L, cross L in front of R

R side shuffle, back rock, L side shuffle, back rock

- 1&2 Step R to R, step L beside R, Step R to R
- 3-4 Cross L behind, recover on R
- 5&6 Step L to L, step R beside L, Step L to L
- 7-8 Cross R behind, recover on L

Point, Hold, Cross, Hold, ½ Unwind Heel bounce, L Coaster step

- 1-2 Point R toe Right, Hold
- 3-4 Cross R over L, Hold
- 5-6 Unwind ½ to the Left over two counts while bouncing both heels (twice)
- 7&8 Step Left back, step R beside L, step L forward

When using original music: During 4th wall, dance until end of Section 2 and add Tag

TAG: Stomp, Hold x 2, Kneepops (Elvis knee) x 4

- 1-2 Stomp right to right, Hold,
 - 3-4 Stomp left to left, Hold
 - 5-8 Pop knee in Left, Right, Left, Right (weight ending on L foot) RESTART from Section 1
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