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## Keep It Up

32 Count, Partner/Circle Dance Choreographer: Rick & Deborah Bates (USA) Nov 2002

Choreographed to: The City Put The Country Back In Me by Neal McCoy (128 bpm), CD: Greatest Hits; Keep It Up by Mark Collie (136 bpm); Linda Lou by The Tractors (148 bpm)

Position: Right open promenade, holding inside hands (man's right and lady's left) Start dancing on lyrics

3.7.			
	VINE (P	ARTNER'S SWITCH SIDES), DIAGONAL HEEL TOUCHES	
1-2	MAN:	Step to the right on right foot cross left foot behind right and step	
	LADY:	Step to the left on left foot, cross right foot behind left and step	
	Release	e inside hands (man's right and lady's left).lady passes in front of	
3-4	MAN:	Step to the right on right foot, touch left heel forward and diagonally to the left	
	LADY:	Step to the left on left foot, touch right heel forward and diagonally to the right	
		's have now switched sides. Man takes up lady's right hand in his left	
5-6	MAN:	Step left foot next to right, touch right heel forward and diagonally to the right	
7.0	LADY:	Step right foot next to left, touch left heel forward and diagonally to the left	
7-8	MAN:	Step right foot next to left, touch left heel forward and diagonally to the left	
	LADY:	Step left foot next to right, touch right heel forward and diagonally to the right	
	FORWARD SHUFFLE, ROCK STEP, PIVOT, SIDE SHUFFLE		
9&10	MAN:	Shuffle forward (left, right, left)	
	LADY:	Shuffle forward (right, left, right)	
11&12	MAN:	Shuffle forward (right, left, right)	
	LADY:	Shuffle forward (left, right, left)	
13-14	MAN:	Step forward on left foot, rock back onto right foot	
_	LADY:	Step forward on right foot, rock back onto left foot	
&	MAN:	Pivot ¼ turn to the left on ball of right foot	
	LADY:	Pivot ¼ turn to the right on ball of left foot	
15&16	MAN:	Shuffle to the left (left, right, left)	
	LADY:	Shuffle to the right (right, left, right)	
	Release	e hands (man's left and lady's right)	
BOOGIE WALK BACK, FORWARD SHUFFLES (PARTNER'S SWITCH SIDES)			
During counts 17 - 20 raise hands to shoulder level and with each step shake hips and hands.			
Use some attitude. Have fun with it!			
17-18	MAN:	Swivel left heel to the left and step back on right foot,	
		swivel right heel to the right and step back on left foot	
	LADY:	Swivel right heel to the right and step back on left foot,	
		swivel left heel to the left and step back on right foot	
19-20	MAN:	Swivel left heel to the left and step back on right foot,	
	LADV	swivel right heel to the right and step back on left foot	
	LADY:	Swivel right heel to the right and step back on left foot,	
21&22	MAN:	swivel left heel to the left and step back on right foot Shuffle forward (right, left, right)	
21022	LADY:	Shuffle forward (left, right, left)	
		's will pass each other, lady to the right of man, right shoulder to right shoulder	
23&24	MAN:	Shuffle forward (left, right, left)	
	LADY:	Shuffle forward (right, left, right)	
	Partner	s have now switched sides - man facing ILOD, lady facing OLOD	
05.00		ITH ½ TURN, SCUFF, VINE WITH ¼ TURN, SCUFF	
25-26	MAN:	Step to the right on right foot, cross left foot behind right and step	
07.00	LADY:	Step to the left on left foot, cross right foot behind left and step	
27-28	MAN:	Step ¼ turn to the right on right foot, pivot ¼ turn to the right on ball of right foot and scuff left foot next to right	
	LADY:	Step ¼ turn to the left on left foot; pivot ¼ turn to the left on ball of left foot	
	LADT.	and scuff right foot next to left	
	Partner	s now facing each other. Man facing OLOD, lady facing ILOD	
	Man takes up lady's left hand in his right		
29-30	MAN:	Step to the left on left foot, cross right foot behind left and step	
20 00	LADY:	Step to the right on right foot, cross left foot behind right and step	
31-32	MAN:	Step 1/4 turn to the left on left foot; scuff right foot next to left	
	LADY:	Step ¼ turn to the right on right foot, scuff left foot next to right	
		's back in right open promenade position holding inside hands (man's right and lady's left)	