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Keep Up

48 Count. 4 Wall. Improver

Choreographed by:

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Choreographed to Keep Up by Raelynn

Intro: 24 Counts.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 WALK, WALK, SHUFFLE, ROCK, RECOVER, COASTER

1 2 3&4 Walk RL forward, Step R forward, Step L next to R, Step R forward,

5 6 7&8 Rock L forward, Recover R, Step LR back, Step L forward.

SEC 2 ROCK, RECOVER, KICK BALL CHANGE, 1/4 TURN HEEL-DIG, SHUFFLE

1 2 3&4 Rock R forward, Recover L, Kick R forward, Step on RL,

5 6 7&8 Grind R heel, Turn 1/4 right on R, Step L forward, Step R next to L, Step L forward.

SEC 3 BOX STEP X2, ROCKING CHAIR

1&2 3&4 Step R to side, Step L next to R, Step R forward, Step L to side, Step R next to L, Step L forward,

5-8 Rock R forward, Recover L, Rock R back, Recover L.

SEC 4 STEP, 1/4 PIVOT (X2), V-STEP,

1-4 Step R forward, Pivot 1/4 left, Step R forward, Pivot 1/4 left,

5-8 Step R forward/out, Step L forward/out, Step R back/in, Step L back/in.

SEC 5 ROCK, RECOVER, CROSS CHA CHA CHA X2

1 2 3&4 Rock R to side, Recover L, Step R over L, Step L to side, Step R over L,

5 6 7&8 Rock L to side, Recover R, Step L over R, Step R to side, Step L over R.

SEC 6 DOUBLE HEEL TAP, DOUBLE TOE TAP, HIP BUMPS

1-4 Tap R heel forward twice, Tap R toe back twice,

5-8 Bump hips to right twice, Bump hips to left twice.

Begin Again! It's All About Fun!



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