

# Keep Up

[linedancemag.com/keep-up-6/](http://linedancemag.com/keep-up-6/)

**Choregraphie par :** Isabella Ghinolfi (May 2020) Wild Angels Country Dance

**Description :** 32 temps, 4 murs, Intermediaire

**Musique :** Keep Up by RaeLynn



**Start on lyrics**

## **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)

## **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)**

## **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

## **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.

**Repeat**

**Isabella Ghinolfi Visit my Web Site [www.wildangels.it](http://www.wildangels.it) [info@wildangels.it](mailto:info@wildangels.it)**

(87)