

# Keep Up

**Choreographer:** Laura Stanton & Stephen Pistoia

**Count:** 48

**Wall:** 2

**Level:** Improver

**Intro:** 24 counts

**Music:** "RaeLynn – "Keep Up" by Realynn



[www.country-stafke.be](http://www.country-stafke.be)

**No tags or restarts Weight starts on RF**

## **( 1-8 ) LEFT SHUFFLE RIGHT SHUFFLE SKATE LT RT LT WITH A ¼ TURN HITCH**

1&2                    step LF forward – step RF next to LF – step LF forward  
3&4                    step RF forward – step LF next to RF – step RF forward  
5&6                    slide LF out to LT on a diagonal – slide RF out to RT on diagonal.  
7-8                    slide RF out to RT on diagonal - pivot ¼ turn RT on ball of RF hitching RT knee(3:00)

## **(9-16) RT COASTER LT SHUFFLE JAZZBOX WITH A CROSS**

1&2                    step RF next to LF – step LF forward – step RF next to LF  
3&4                    step LF forward – step RF next to LF – step LF forward  
5-6-7-8              cross RF over LF – step LF out to LT – step RF out to RT – cross LF over RF

## **( 17-24 ) SIDE BEHIND HEEL AND CROSS STEP KICK COASTER CROSS**

1-2&3&4              step RF out to RT – step LF behind RF – step RF out to RT – point LT heel diagonally out to LT –  
step LF next to RF – cross RF over over LF  
5-6-7&8              step LF out to LT – kick RF out diagonally to LT – step RF next to LF – step LF next to RF – cross  
RF over LF

## **( 26-32) LT SIDE ROCK CROSS RT SIDE ROCK CROSS STEP KICK STEP BACK PIVOT ½ TURN RT**

1&2                    step LF out to LT – recover on RF – cross LF over RF  
3&4                    step RF out to RT – recover on LF – cross RF over LF  
5-6                    step LF forward – kick RF forward  
7-8                    step behind LF – pivot ½ turn RT (9:00)

## **(33-40) STEP LOCK STEP, STEP LOCK STEP, WALK L,R,L, KICK**

1&2                    step LF forward – step RF up behind LF – step LF forward  
3&4                    step RF forward – step LF up behind RF – step RF forward  
5-6-7-8              walk LT – RT – LT – KICK RF FORWARD

## **(41-48) RIGHT WEAVE, ¼ TURN LT, LEFT TOE STRUT RIGHT TOE STRUT**

1&2&3&4              step RF out to RT – step LF behind RF – step RF out to RT - cross LF over RF – step RF  
out to RT – step LF behind RF – step RF out to RT  
5-6-7-8              touch LT toe forward making ¼ turn LT – drop LT heel – touch RT toe forward – drop RT heel  
(6:00)

**Repeat**