

KEEP UP ...

Coreo: RTI (Pirjo & Outi)

Music: Keep up with a Cowgirl: David Adam Byrnes

Description 4 wall, 32 counts, 4 restarts, Tag1, Tag2, Final

Section 1 Kick Ball Step R, Shuffle Step R- Heel Grind L turn $\frac{1}{4}$ left, Coaster Step L

1&2 Kick R, Step R, Step L

3&4 Step R-L-R forward

5-6 L Heel turn $\frac{1}{4}$ left

7&8 Step L back, R beside L, L forward

Section 2 Jazz Box R turn $\frac{1}{4}$ right, Stomp up - Scissor Step L, Scissor Step R

1-2 Cross R over L, step L back

3-4 turn $\frac{1}{4}$ right & step R, Stomp up L beside

5&6 Step L diagonal back, step R beside, Step L over R

7&8 Step R diagonal back, step L beside, Step R over L

RESTARTS & FINAL

(MODIFIED)

Section 3 Rock step turn $\frac{1}{4}$ L, Step turn $\frac{1}{4}$ L, Scuff R - Vaudeville R, Hook R

1-2 Turn $\frac{1}{4}$ left Rock step

3-4 Turn $\frac{1}{4}$ left Step L- Scuff R

5-6 Step R over L, Step L back

7-8 R Heel diagonal, Hook R back

TAG2

Section 4 Shuffle back R, turn $\frac{1}{4}$ right Rock back L-Toe Brush Stomp L, Rock back R, Stomp R

1&2 Step R-L-R back

3-4 Turn $\frac{1}{4}$ right, Step L back -return R

TAG1

5&6 Touch L toe diagonal back, brush L & Stomp

7&8 Rock R back, Stomp

TAG 1: Step Lock Step L, Hook R- Step Lock Step R, Hold

1-2 Step L diagonal left, Lock R behind L

3-4 Step L fwd, Hook R behind L

5-6 Step R back, Lock L in front of R

7-8 Step R back, Hold

Rock Step turn $\frac{1}{2}$ L, Step turn $\frac{1}{2}$ L, Stomp Up R- Rock back R, Stomp R, Hold

1-2 Step & turn $\frac{1}{2}$ left - recover R

3-4 Turn $\frac{1}{2}$ left Step L, Stomp Up R

5-6 Step R Back (jumping), recover L

7-8 Stomp R, Hold

TAG 2: Step Lock Step R, Hook L- Step Lock Step L, Hold

1-2 Step R diagonal right, Lock L behind R

3-4 Step R fwd, Hook L behind R

5-6 Step L back, Lock R in front of L

7-8 Step L back, Hold

Rock Step turn $\frac{1}{2}$ R, Step turn $\frac{1}{2}$ R, Stomp Up L- Rock back L, Stomp L, Hold

1-2 Step & turn $\frac{1}{2}$ right - recover L

3-4 Turn $\frac{1}{2}$ right Step R, Stomp Up L

5-6 Step L Back (jumping), recover R
7-8 Stomp L, Hold

Step Lock Step L, Hook R- Step Lock Step R, Hold

1-2 Step L diagonal left, Lock R behind L

3-4 Step L fwd, Hook R behind L

5-6 Step R back, Lock L in front of R

7-8 Step R back, Hold

Rock Step turn $\frac{1}{2}$ L, Step turn $\frac{1}{2}$ L, Hold- Rock back R, Stomp up R, Hold

1-2 Step & turn $\frac{1}{2}$ left - recover R

3-4 Turn $\frac{1}{2}$ left Step L, Stomp Up R

5-6 Step R Back (jumping), recover L

7-8 Stomp R, Hold

FINAL: Step Lock Step R, Hook L- Step Lock Step L, Hold

1-2 Step R diagonal right, Lock L behind R

3-4 Step R fwd, Hook L behind R

5-6 Step L back, Lock R in front of L

7-8 Step L back, Hold

Rock Step turn $\frac{1}{2}$ R, Step turn $\frac{1}{2}$ R, Stomp Up L- Rock back L, Stomp up L, Hold

1-2 Step & turn $\frac{1}{2}$ right - recover L

3-4 Turn $\frac{1}{2}$ right Step R, Stomp Up L

5-6 Step L Back (jumping), recover R

7-8 Stomp up L, Hold

Step Lock Step L, Hook R- Step Lock Step R, Hold- STOMP

1-2 Step L diagonal left, Lock R behind L

3-4 Step L fwd, Hook R behind L

5-6 Step R back, Lock L in front of R

7-8 Step R back, Hold

9 Stomp

Restart wall 2, 6, 9, 10 after 16 counts, modified 15&16 -> Rock back stomp R

Tag1 wall 4 after 28 counts

Tag 2 wall 8 after 24 counts

Final wall 12 after 16 counts, modified 15&16 -> Rock back stomp R