

# Keep Up Country Girl



**Choreo:** Michael Schmidt ~ 08/2020 v: 1.01  
**Description:** 48 count, 4 wall, intermediate line dance  
**Music:** **Keep Up** – RaeLynn [114 bpm] (03:11) - Intro: 24c, No Tag, No Restart, Easy Finish  
**Alternative:** **Cool Drink Of Water** – Brooks & Dunn [112 bpm] (03:05) - Intro: 16c  
... – ... [... bpm] (00:00) - Intro:  
**Info:** (Mainsong) Start the Dance after 24 counts on vocals.

## 1-8 Side, Behind & Heel & Cross (R + L)

1-2 Step R side, Cross L behind R  
&3&4 Step R side & Touch L (diag.) forward, Step L beside R & Cross R over L  
5-6 Step L side, Cross R behind L  
&7&8 Step L side & Touch R (diag.) forward, Step R beside L & Cross L over R

## 9-16 Rock R, Shuffle Back R 1/2 Turn R, Step L, 1/2 Turn R, Shuffle Back L 1/2 Turn R

1-2 Rock R forward, Recover onto L  
3&4 ¼ Turn right stepping R side, Step L beside R, ¼ Turn right stepping R forward (06:00)  
5-6 Step L forward, ½ Turn right (Weight to R) (12:00)  
7&8 ¼ Turn R stepping L side, Step R beside L, ¼ Turn R stepping L back (06:00)

## 17-24 Moving Backwards (Out-Out, In-In, Out-Out, In-Cross), Unwind 1/2 R, Kick R, Coaster Step R

&1&2 Step Out R & Step Out L (shoulder width), Step In R & Step L beside R  
&3&4 Step Out R & Step Out L (shoulder width), Step In R & Cross L over R  
Moving slightly backwards on the above 4 counts –  
(Option: 1\* Jump Apart, 2\* Jump Together, 3\* Jump Apart, 4\* Jump Together Crossing L over R)  
5-6 Unwind ½ Turn R (Weight on L), Kick R slightly forward (12:00)  
7&8 Step R back, Step L beside R & Step R forward

## 25-32 Shuffle L, Step R, 1/2 Turn L, Shuffle R 1/2 Turn L, Sailor Point 1/4 Turn L

1&2 Step L forward, Step R beside L & Step L forward  
3-4 Step R forward, ½ Turn L (Weight to LF) (06:00)  
5&6 ¼ Turn L stepping R side, Step L beside R, ¼ Turn L Stepping R back (12:00)  
\* Finish (Keep Up) in Round 7 (see below)  
7&8& Cross L behind R, ¼ Turn L stepping R side & Point (or Kick) L side, Step L beside R (09:00)

## 32-40 Point (R + L), Heel (R + L), Dorothy Step (R + L)

1&2& Point (or Kick) R side, Step R beside L, Point (or Kick) L side, Step L beside R  
3&4& Touch R Heel forward, Step R beside L, Touch L Heel forward, Step L beside R  
5-6& Step R forward, Lock L behind R & Step R forward  
7-8& Step L forward, Lock R behind L & Step L forward

## 41-48 Jazzbox R, Step L, Rock Toe & Step (R + L)

1-4 Cross R over L, Step L back, Step R Side, Step L slightly forward  
5&6 Rock R Toe forward, Recover onto Left & Step R forward  
7&8 Rock L Toe forward, Recover onto R & Step L forward

... repeat, smile & have fun

\* **Finish (Keep Up): Round 7 (06:00) dance the first 30 counts (06:00) and add:  
Sailor Step 1/2 Turn L, Heel R**

7&8-1 Cross L behind R, ½ Turn L stepping R side & Step L forward, Touch R Heel forward (12:00)  
and why not .... tap on the brim of your hat and greet the singers

## Workshop “Stay Home & Dance 2020”

Contact: hallokoala@gmail.com  
Channels Dance: coming soon  
youtube: <https://www.youtube.com/user/BootsInTrouble/videos>

<https://www.youtube.com/channel/UCqOj9WcP-R8-om1uklJoZPA>

