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## Keep It Up

32 Count, Partner/Circle Dance
Choreographer: Rick \& Deborah Bates (USA) Nov 2002
Choreographed to: The City Put The Country Back In Me by Neal McCoy (128 bpm), CD: Greatest Hits; Keep It Up by Mark Collie (136 bpm); Linda Lou by The Tractors (148 bpm)

Position: Right open promenade, holding inside hands (man's right and lady's left)
Start dancing on lyrics

## VINE (PARTNER'S SWITCH SIDES), DIAGONAL HEEL TOUCHES

1-2 MAN: Step to the right on right foot cross left foot behind right and step
LADY: Step to the left on left foot, cross right foot behind left and step
Release inside hands (man's right and lady's left).lady passes in front of
3-4 MAN: Step to the right on right foot, touch left heel forward and diagonally to the left LADY: Step to the left on left foot, touch right heel forward and diagonally to the right Partners have now switched sides. Man takes up lady's right hand in his left
5-6 MAN: Step left foot next to right, touch right heel forward and diagonally to the right
LADY: Step right foot next to left, touch left heel forward and diagonally to the left
7-8 MAN: Step right foot next to left, touch left heel forward and diagonally to the left LADY: Step left foot next to right, touch right heel forward and diagonally to the right

## FORWARD SHUFFLE, ROCK STEP, PIVOT, SIDE SHUFFLE

9\&10 MAN: Shuffle forward (left, right, left)
LADY: Shuffle forward (right, left, right)
11\&12 MAN: Shuffle forward (right, left, right)
LADY: Shuffle forward (left, right, left)
13-14 MAN: Step forward on left foot, rock back onto right foot
LADY: Step forward on right foot, rock back onto left foot
\& MAN: Pivot $1 / 4$ turn to the left on ball of right foot
LADY: Pivot $1 / 4$ turn to the right on ball of left foot
15\&16 MAN: Shuffle to the left (left, right, left)
LADY: Shuffle to the right (right, left, right)
Release hands (man's left and lady's right)

## BOOGIE WALK BACK, FORWARD SHUFFLES (PARTNER'S SWITCH SIDES)

During counts $17-20$ raise hands to shoulder level and with each step shake hips and hands. Use some attitude. Have fun with it!
17-18 MAN: Swivel left heel to the left and step back on right foot, swivel right heel to the right and step back on left foot
LADY: Swivel right heel to the right and step back on left foot, swivel left heel to the left and step back on right foot
19-20 MAN: Swivel left heel to the left and step back on right foot, swivel right heel to the right and step back on left foot
LADY: Swivel right heel to the right and step back on left foot, swivel left heel to the left and step back on right foot
21\&22 MAN: Shuffle forward (right, left, right)
LADY: Shuffle forward (left, right, left)
Partners will pass each other, lady to the right of man, right shoulder to right shoulder
23\&24 MAN: Shuffle forward (left, right, left)
LADY: Shuffle forward (right, left, right)
Partners have now switched sides - man facing ILOD, lady facing OLOD
VINE WITH $1 / 2$ TURN, SCUFF, VINE WITH $1 / 4$ TURN, SCUFF
25-26 MAN: Step to the right on right foot, cross left foot behind right and step
LADY: Step to the left on left foot, cross right foot behind left and step
27-28 MAN: Step $1 / 4$ turn to the right on right foot, pivot $1 / 4$ turn to the right on ball of right foot and scuff left foot next to right
LADY: Step $1 / 4$ turn to the left on left foot; pivot $1 / 4$ turn to the left on ball of left foot and scuff right foot next to left
Partners now facing each other. Man facing OLOD, lady facing ILOD
Man takes up lady's left hand in his right
29-30 MAN: Step to the left on left foot, cross right foot behind left and step
LADY: Step to the right on right foot, cross left foot behind right and step
31-32 MAN: Step $1 / 4$ turn to the left on left foot; scuff right foot next to left LADY: Step $1 / 4$ turn to the right on right foot, scuff left foot next to right Partners back in right open promenade position holding inside hands (man's right and lady's left)

