

# **Keep It Down**

www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 32 Count 4 Wall Intermediate Level Dance. Choreographed by: Kelly Cavallaro (USA) & Chris Jacques (USA) Dec 2020 Choreographed to: If I Know Me by Morgan Wallen Intro: 16 Counts. Start on vocal at approx 9 secs.

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## SEC 1 STEP, SAILOR, BEHIND SIDE TURN, HIP ROLL W/ 1/4TURN, 1/2TURN

- 1 Step R out to R
- 2&3 Sailor Step L, R, L
- 4&5 Step R behind L, Step L out to L, Step R making ½Turn to L (6:00)
- 6, 7 Roll hip R, Roll hip back L making ¼ Turn to R (9:00)
- 8, 1 Make ½ R Stepping Forward on R, ½ R, stepping back on L (9:00)

### SEC 2 TRAVELLING BODY ROLL, COASTER STEP, HIP SWAYS, SAILOR STEP

- 2&3 Step back R, L, R Rolling Body down
- 4&5 Coaster Step L, R, L
- 6, 7 Step R out to R swaying hips R, sway hips L
- 8&1 Sailor Step R, L, R
- Restart Here on Walls 2 & 4

#### SEC 3 BEHIND STEP SWEEP, CROSS AND TURN, WALK BACK X2, COASTER STEP

- 2&3 Cross L Behind R, Step R to R, Step L Forward Sweeping R Forward
- 4&5 Cross R over L, Step L to L, Step Back R making <sup>1</sup>/<sub>4</sub>Turn R (12:00)
- 6, 7 Walk Back L, R
- 8&1 Coaster Step L, R, L

### SEC 4 SAILOR STEP MOVING FORWARD, BEHIND TURN TOUCH, SYNCOPATED TOUCHES

- 2&3 Sailor Step R, L, R Moving Forward
- 4&5 Step L Behind R, Step R Making ¼Turn to R, Touch L out to L
- &6&7 Step L next to R, Touch R to R, Step R next to L, Touch L to L
- &8& Step L Next to R, Touch R to R, Hitch R (3:00)

