Keep It Up (堅持下去) (zh)

Count: 64 **Wall:** 2 **Level:** Intermediate
Choreographer: Robbie McGowan Hickie (UK) - 2008年07月
Music: I Won't Tell - Jay Sean : (CD: On My Own)

前奏： 32 Counts intro 32拍後起跳

第一段 Left Step Forward. Side Rock 1/4 Turn Left. Right Coaster 1/4 Turn Right. Step. Pivot 1/4 Turn Right. Left Cross Shuffle.
踏, 1/4右下沉 回復, 1/4海岸步, 踏 轉1/4, 交叉交換

1 Step forward on Left. 左足前踏

2 – 3 Make 1/4 turn Left stepping Right to Right side, pushing hips Right. Recover weight on Left. 左轉90度右足右踏右推臀, 左足回復

4&5 Make 1/4 turn Right stepping back on Right. Step Left beside Right. Step forward on Right. 右轉90度右足後踏, 左足併踏, 右足前踏

6 – 7 Step forward on Left. Pivot 1/4 turn Right.
左足前踏, 右軸轉90度

8&1 Cross step Left over Right. Step Right to Right side. Cross step Left over Right. (Facing 3 o'clock)
左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏(面向3點鐘)

第二段 & Cross Rock. Left Sailor 1/2 Turn Left. Forward Rock. Jump Diagonally Back Right. Touch.
右踏 交叉下沉 回復, 轉水手, 下沉 回復, 斜角後跳 點

&2 – 3 Step ball of Right to Right side. Cross rock Left over Right. Rock back on Right. 右足右踏, 左足於右足前交叉下沉, 右足回復

4&5 Left sailor turning 1/2 turn Left stepping Left. Right. Left. (Facing 9 o'clock) 左180度水手步-左, 右, 左(面向9點鐘)

6 – 7 Rock forward on Right. Rock back on Left. 右足前下沉, 左足回復

&8 Jump ball of Right Diagonally back to Right side. Touch Left toe beside Right popping Left knee in.
右足斜角右後跳, 左足趾併點左膝向內彈

第三段 Side Step Left. Back Rock. Right Lock Step Forward. Lunge Forward. Cross. Back. 1/2 Turn Left.

左大步, 後下沉 回復, 前鎖步, 前壓踏 回復, 交叉 後 轉

1 Long step Left to Left side, dragging Right towards Left.
左足左一大步右足拖併

2 – 3 Rock back on Right. Rock forward on Left. 右足後下沉, 左足回復

4&5 Step forward on Right. Lock step Left behind Right. Step forward on Right. 右足前踏, 左足於右足後鎖踏, 右足前踏

6 – 7 Lunge forward on Left. Recover weight on Right.
左足前壓踏, 右足回復

8&1 Cross step Left over Right. Step back on Right. Make 1/2 turn Left stepping forward on Left.
左足於右足前交叉踏, 右足後踏, 左轉180度左足前踏

第四段 Full Turn Left. Right Mambo Forward. Left Mambo Back. Pivot 1/2 Turn Right. 轉 轉, 前曼波, 後曼波, 踏 轉

2 – 3 Make 1/2 turn Left stepping back on Right. Make 1/2 turn Left stepping forward on Left. 左轉180度右足後踏, 左轉180度左足前踏

4&5 Rock forward on Right. Rock back on Left. Step back on Right. (Facing 3 o'clock) 右足前下沉, 左足回復, 右足後踏(面向3點鐘)

6&7 Rock back on Left. Rock forward on Right. Step forward on Left.
左足後下沉, 右足回復, 左足前踏

8 Pivot 1/2 turn Right. (Weight on Right) (Facing 9 o'clock)
右軸轉180度(重心在右足)(面向9點鐘)

第五段 Side Step 1/4 Turn Right. Behind & Heel Tap. Right Diagonal Kick-Ball-Cross. 1/4 Turn Right. 1/2 Turn Right. Side Rock & Cross with 1/4 Turn Right.
1/4右踏, 後 旁 點, 斜角踢 併 交叉, 1/4 1/2, 側下沉 回復 1/4交叉

1 Make 1/4 turn Right stepping Left to Left side. (Facing 12 o'clock)
右轉90度左足左踏(面向12點鐘)

2&3 Cross Right behind Left. Step ball of Left to Left side. Tap Right heel Diagonally forward Right.
右足於左足後交叉踏, 左足左踏, 右足踵斜前點

4&5 Kick Right Diagonally forward Right. Step ball of Right back to place. Cross step Left over Right.
右足斜角前踢, 右足踏, 左足於右足前交叉踏

6 – 7 Make 1/4 turn Right stepping forward on Right. Make 1/2 turn Right stepping back on Left. 右轉90度右足前踏, 右轉180度左足後踏

8&1 Make 1/4 turn Right rock Right out to Right side. Recover weight on Left. Cross step Right over Left.
右轉90度右足右下沉, 左足回復, 右足於左足前交叉踏

第六段 Chasse Left. Back Rock & Point Out. Right Sailor 1/4 Turn Right. Step. Pivot 1/4 Turn Right. 左追步, 後下沉 回復 側點, 1/4轉水手, 踏 轉1/4

2&3 Step Left to Left side. Close Right beside Left. Step Left to Left side. (Facing 12 o'clock) 左足左踏, 右足併踏, 左足左踏(面向12點鐘)

4&5 Rock back Right behind Left. Rock forward on Left. Point Right toe out to Right side. 右足於左足後下沉, 左足回復, 右足趾右點

6&7 Cross Right behind Left making 1/4 turn Right. Step Left beside Right. Step forward on Right.
右轉90度右足於左足後交叉踏, 左足併踏, 右足前踏

8 – 1 Step forward on Left. Pivot 1/4 turn Right. (Facing 6 o'clock)
左足前踏, 右軸轉90度(面向6點鐘)

第七段 Hip Bumps Diagonally Left. Behind & Cross. Hip Bumps Diagonally Right. Behind & Step Forward.
左斜角推臀, 後 旁 前, 右斜角推臀, 後 旁 前

2&3 Touch Left toe Diagonally forward Left – bumping hips Left. Right. Left. (Weight on Right) 左足趾斜角前點推臀-左, 右, 左(重心在右足)

4&5 Cross Left behind Right. Step Right to Right side. Cross step Left over Right. 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏

6&7 Touch Right toe Diagonally forward Right – bumping hips Right. Left. Right. (Weight on Left) 右足趾斜角前點推臀-右, 左, 右(重心在左足)

8&1 Cross Right behind Left. Step Left to Left side. Step forward on Right.
右足於左足後交叉踏, 左足左踏, 右足前踏

第八段 Step Forward. Pivot 1/2 Turn Right. Left Shuffle 1/2 Turn Right. Back Rock. Right Kick-Ball-Step.
踏 轉, 轉交換, 後下沉 回復, 踢 併 踏

2 – 3 Step forward on Left. Pivot 1/2 turn Right. (Facing 12 o'clock)
左足前踏, 右軸轉180度(面向12點鐘)

4&5 Left shuffle turning 1/2 turn Right stepping Left. Right. Left.
右180度轉交換-左, 右, 左

6 – 7	Rock back on Right. Rock forward on Left. (Facing 6 o'clock) 右足後下沉, 左足回復(面向6點鐘)
8&(1)	Kick Right forward. Step ball of Right beside Left. (1) Step forward on Left. 右足前踢, 右足併踏, 接續第1拍左足前踏
