

E-Z

SHE KEEPS ME UP

ARTIST: NICKELBACK

THE SEQUENCE:

Wait 16 A B C A B C D E B C ½ D

A (64 beats)
Triple Kick
D S D S D S BR SL

Heel Strut
D S HL S HL S R S

Follow Me (turn ¼ L)
STEP TOG STEP TOG

4 POPS
S S S S

Repeat to all walls

B (32 Beats)
2-Polka Basic
& S R S & S R S

Pivot Turn
S(turn ½ R) S S(turn ½ R) S

4 singles – move back
D S D S D S D S

1 Charleston
D S TCH(if) LIFT TCH(ib) HL R S

REPEAT ALL

C (32 Beats)
Lean fwd & back
4 X's 2 counts each

Slur & Brush L & R
D S Slur S D S BR SL
D S Slur S D S BR SL

REPEAT ALL

A (64 beats)
Triple Kick
Heel Strut
Follow Me (turn ¼ L)
4 POPS

Repeat to all walls

B (32 Beats)
2-Polka Basic
Pivot Turn
4 singles – move back
1 Charleston

REPEAT ALL

C (32 Beats)
Lean fwd & back
Slur & Brush L & R

REPEAT ALL

D (16 Beats)
Triple Stamp (Fwd – diag L)
Triple Back – clap 2
Triple Stamp (Fwd – diag R)
Triple Back – clap 2

E (32 Beats)
2 Donkey Stepback
D S R(xif) S R(ots) S R(xib) S

2 Basics & Fancy Double
(turn ½ L)
D S R S D S R S
D S D S R S R S

B (32 Beats)
2-Polka Basic
Pivot Turn
4 singles – move back
1 Charleston

REPEAT ALL

C (32 Beats)
Lean fwd & back
Slur & Brush L & R

REPEAT ALL

½ D (8 Beats)
Triple Stamp – fwd
Triple – back – clap 2