

Keep It Down

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Kelly Cavallaro (USA) & Chris Jacques (USA) - December 2020

Music: If I Know Me - Morgan Wallen

Count In: 16 count intro

Restarts: On walls 2 and 4 after 16 counts

[1-9] Step, Sailor, Behind Side Turn, Hip Roll w/ ¼Turn, ½Turn

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

[10-17] 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 9:00

[18-25] 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 ¼Turn R
6, 7 Walk Back L, R
8&1 Coaster Step L, R, L 12:00

[26-32] 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

Email: 7ArrowMedia@gmail.com ; csjacq12@gmail.com **Phone:** (1) 603.583.0073