

KEEPIN' ME UP NIGHTS

DANCE BY NANCY & DEWAYNE BALDWIN
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RECORD ARISTA AS 2045 ARTIST ASLEEP AT THE WHEEL
FOOT WORK DIRECTIONS FOR MAN EXCEPT WHERE NOTED SPEED: 45
RHYTHM CHA CHA PH 3 + 2 [ALEMANA & AIDA] DATE 5-12
SEQUENCE A B C BRIDGE A B END

INTRO

1-4 BFLY WAIT LEAD IN NOTES CHS;;;

Fwd L trn, rec R, fwd L/cl R, fwd L; Fwd R trn, rec L, fwd R/cl L, fwd R;
Fwd L, rec R, bk L/cl R, bk L; Bk R, rec L, fwd R/cl L, fwd R;

PART A

1-4 VIN 2, FC-FC; VIN 2, BK-BK OP; FWD & BK BAS;;

Sd L, XRib, sd L/cl R, trn L; Sd R, XLib, sd R/cl L, trn R OP LOD;
Fwd L, rec R, bk L/cl R, bk L; Bk R, rec L, fwd R/cl L fwd R;

5-8 SLDG DR 2X;; CIRC AWY & TOG BFLY WL;;

Rk apt L, rec R, XLif/sd R, XLif; Rk apt R, rec L, XRif/sd L, XRif;
Fwd L trn, fwd R trn, fwd L trn/cl R, fwd L trn; Fwd R trn, fwd L trn,
fwd R trn/cl L, fwd R trn;

9-12 BAS;; SHLDR-SHLDR 2X;;

Fwd L, rec R, sd L/cl R, sd L; Bk R, rec L, sd R/cl L, sd R;
Rk fwd L, rec R, sd L/cl R, sd L; Rk fwd R, rec L, sd R/cl L, sd R;

PART B

1-4 BAS;; TRAV DR;;

REPEAT 9-10 PART A;; Rk sd L, rec R, XLif/sd R, XLif; Rk sd R,
rec L, XRif/sd L, XRif;

5-8 FWD BAS; WHIP; NY 2X;;

Fwd L, rec R, bk L/cl R, bk L; Bk R trn, rec L, sd R/cl L, sd R;
Thru L trn, rec R to fc, sd L/cl R, sd L; Thru R, rec L to fc, sd R/cl L, sd R;

9-12 FWD BAS; WHIP; SPT TRN 2X;;

REPEAT 5-6 PART B;; XLif trn, rec R trn, sd L/cl R, sd L; XRif trn,
rec L trn, sd R/cl L, sd R;

PART C

1-4 ALEMANA;; LADY LRT;;

Fwd L, rec R, sd L/cl R, sd L; Bk R, rec L, sd R/cl L, sd R;
Sd L, rec R, cl L/stp R, stp L; Sd R, rec L, cl R/stp L, stp R;

5-8 CRB WLKS;; NY; CRB WLK;

RLOD XLif, sd R, XLif/sd R, XLif; Sd R, XLif, sd R/cl L, sd R;
Thru L, rec R to fc, sd L/cl R, sd L; XRif, sd L, XRif/sd L, XRif;

9-12 CRB WLK; NY; TIM STP 2X;;

Sd L, XRif, sd L/cl R, sd L; Thru R, rec L to fc, sd R/cl L, sd R;
XLib, rec R, sd L/cl R, sd L; XRib, rec L, sd R/cl L, sd R;

BRIDGE

1-2 CUCA 2X;;

Sd L, rec R, cl L/stp R, stp L; Sd R, rec L, cl R/stp L, stp R;

END

1-4 BAS;; NY; AIDA 3;

REPEAT 9-10 PART A;; REPEAT 7 PART B; Fwd R trn, sd L trn,
bk R;