Can I use the Undo function in Reshape to return to the status before Keep Result? If yes, how many times can I do that?

No. After you press the Keep Result button, all the adjustments or selected expressions will subsequently applied and will not be reversible.

Reallusion FAQ

https://kb.reallusion.com/Product/52626/Can-I-use-the-Undo-function-in-Reshape-to-return-to-the-status