

Can You Keep Up

Count: 32

Wall: 4

Level: High Beginner

Choreographer: Aleah Nothstein (USA) - August 2024

Music: Keep Up - Spencer Crandall



First 8 count

1-2-3-4 Right heel out forward (1) left heel out forward (2) Right heel out forward(3) hitch right leg up and clap(4)
5-6-7-8 grapevine right

Second 8 count

1-2-3-4 grapevine left
5-6-7-8 step right forward (5) half turn over left shoulder(6) step right forward (7) half turn over left shoulder(8)

Will equal full turn

Third 8 count

1-2 jump forward(1) clap (2)
3-4-5-6 double hip bumps right first then left (RR LL)
7-8 right heel out forward (7) back to normal stance (8)

Fourth 8 count

1-2 left heel out forward (1) back to normal stance (2)
3-4 scuff right foot quarter turn to the left(3) stomp right foot (4)
5-6-7-8 hip roll

Tag A: wall 2:

Do 1st 12 counts (first 8 and second 4)

1-2-3-4 Right heel out forward (1) left heel out forward (2) Right heel out forward(3) kick right leg up clap under leg(4)
5-6-7-8 grapevine right
1-2-3-4 grapevine left

(TAG A)

5-6-7-8 space feet apart, hold arms out and down (hold for remaining count)

RESTART THE DANCE

Tag B: Wall 7

Do first 16 counts (First and Second 8 count)

1-2-3-4 Right heel out forward (1) left heel out forward (2) Right heel out forward(3) kick right leg up clap under leg(4)
5-6-7-8 grapevine right
1-2-3-4 grapevine left
5-6-7-8 step right forward (5) half turn over left shoulder(6) step right forward (7) half turn over left shoulder(8)

Will equal full turn

(TAG B)

1-2-3-4 walk forward RLR hitch left
5-6-7-8 walk back LRLR

RESTART THE DANCE