

Bet You Can't Keep Up

拍数: 48 墙数: 4 级数: High Beginner
编舞者: Millie Montijo & Liz DeLio (USA) - September 2020
音乐: Keep Up - RaeLynn



No tags or restarts

Intro 24 counts. Start on lyrics "yeah, I rock Gucci"

(1-8) step, lock, shuffle, pivot, coaster step:

1,2 - R step side, L lock behind
3&4- RLR shuffle
5,6 - pivot half turn to right LR
7&8 - step L back, R in place, L forward^[OBJ:OBJ]

(9-16) Charleston, Two 1/4 turn sways to left:

1,2 - Tap R forward replace
3,4 - Tap L back replace.
5,6 - Step R to right, L to left swaying 1/4 turn to left
7,8 - Step R to right, L to left swaying 1/4 turn to left.

(17-24) Jazz box cross, heel jacks left and right.

1,2,3,4 - Step R over L, step L back, step R back, cross L over R.
&1 - Step R to right,L heel
&2- step L in place, cross R over L
&3- step L to left , R heel.
&4- step R in place, step L over R

(25-32) Rock replace, 1/2 right turn shuffle,step pivot, forward shuffle

1,2- Rock forward on R, replace weight on L
3&4- 1/2 turn to right shuffle RLR
5,6- step L pivot 1/2 turn to right onto R
7&8- shuffle forward LRL

(33-40) Wizards, rocking chair

1- Step forward R on right diagonal
2- Cross step L behind R
&3- Small step to right side on R, step forward L on left diagonal
4&- Cross step R behind, small step to left on L
5,6- rock R forward, replace weight on left
7,8- rock R back, recover weight on left

(41-48) Syncopated weave to left, heel , heel, heel, clap, clap^[OBJ]

1&2&3&4&- R over L,L to left side, R behind L, L to left side, R over L, L to left side, R behind L, L to left side
5,6,7- R heel, L heel, R heel
&8- clap,clap

Last Update - 17 Sept. 2020