

Can't Keep Up

拍数: 32 墙数: 4 级数: Improver
编舞者: Donna Manning (USA) - July 2022
音乐: Can't Keep Up - Brett Eldredge



NO tags or restarts...(hoooooray!! I know) - (counter clockwise)

Sec. 1 (1-8) Kick, Behind, ¼ Turn, ¼ Turn, Hitch (or kick), Cross, Back, Side

- 1,2,3,4 Kick L to fwd outside diagonal, step L behind R, ¼ turn r stepping R slightly fwd (3:00), ¼ turn r stepping L slightly to L side (6:00)
5,6,7,8 Hitch R (or kick R fwd), cross R over L, step L back, step R slightly to R side but under your shoulder width – stay square with wall(6:00)

Sec. 2 (9-16) Step, Heel-toe walk, Step, Heel-toe walk

- 1,2-3-4 Step L to L fwd diagonal, walk your R ft to L ft moving heel, toes, heel
5,6-7-8 Step R to R fwd diagonal, walk your L ft to R ft moving heel, toes, heel (weight stays on the R ft)(6:00)

Sec. 3 (17-24) Kick, Step, Rock-Recover, Kick, Step, Rock-Recover

- 1,2,3-4 Kick L fwd, step down on L, Side Rock R, Recover to L moving slightly fwd
5,6,7-8 Kick R fwd, step down on R, Side Rock to L, Recover to R moving slightly fwd (angle body slightly R)(6:00)

Sec. 4 (25-32) Cross Rock, Recover, ¼ Turn, Step, ½ Turn, Step, Stamp

- 1,2,3-4 Cross Rock L over R, recover to R, ¼ turn L stepping L fwd, pause
5,6,7,8 Step R fwd, ½ turn L taking weight to L, step R slightly to the side of L, stamp L (stomp not taking weight) next To R (angle body to the L)(9:00)

EOD ...End of dance! Smile, have fun, REPEAT!

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