

Can't Keep Up

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Improver
编舞者: Chelsea Butler (USA) - December 2023
音乐: Keep Up - RaeLynn



24 count intro; Start on lyrics
No tags, no restarts

[1-8] SLIDE R, L TOUCH, HIP BUMP X2, REVERSE V STEP TOUCH

1-2 Slide to the right (1), Touch L toe next to R (2)
3-4 Bump hip left-right (3), bump hip left-right (4) with weight on our R
5-6 Step L diagonally forward to left (5), Step R diagonally forward to right (6)
7-8 Step L diagonally back (7), Touch R diagonally back next to L (8) with weight on L

[9-16] R ROCK RECOVER, BEHIND-SIDE-CROSS, HEEL GRIND 1/4 TURN, COASTER STEP

1-2 Step R foot to the right (1), Recover weight to L (2)
3&4 Step R behind L (3), Step L left next to R (&), Cross R over L (4)
5-6 Step L heel to your left (5), Grind heel turning 1/4 to your left facing 9:00 (6)
7&8 Step L back (7), Step R next to L (&), Step L forward (8)

[17-24] KICK BALL STEP X2, R ROCK RECOVER, 1/2 TURN SHUFFLE

1&2 Kick R foot forward (1), Step down on R (&), Step L foot slightly forward (2)
3&4 Kick R foot forward (1), Step down on R (&), Step L foot slightly forward (2)
5-6 Rock R forward (5), recover weight on L (6)
7&8 Step R diagonally to the right as you start to turn 1/4 (7), Step L next to R turning 1/4 facing 3:00 (&), Step R forward (8)

[25-32] TOE STRUT, TOE TOUCH-KICK, STEP AND DRAG, COASTER STEP

1-2 Touch L toe forward (1), Drop L heel (2)
3-4 Touch R toe forward (3), R kick forward (4)
5-6 Step R foot backwards (5), Drag L back next to R (6)
7&8 Step L back (7), Step R next to L (&), Step L forward (8)

[33-40] KICK AND POINT L AND R, JAZZ BOX CROSS

1-2 Kick R forward (1), Kick L out to left (2)
3-4 Kick L forward (3), Kick R out to right (4)
5-8 Cross R over L (5), Step L back (6), Step R next to L (7), Cross L over R (8)

[41-48] 1/4 MONTEREY, 1/4 PIVOT TURN X2

1-4 Point R out to the right (1), Pivot 1/4 right on ball of L foot and step R next to L facing 6:00 (2), Point L to the left (3), Step L next to R (4)
5-6 Step R forward (5), Turn 1/4 to the left now facing 9:00 and shift weight to L (6)
7-8 Step R forward (7), Turn 1/4 to the left now facing 12:00 and shift weight to L (8)

NOTE: To start next wall of dance (facing 3:00), add a left 1/4 turn to count 1 (now a 1/4 turn slide to the right)

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