

# 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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