# Can You Keep With Me



编舞者: Carina Clarke (UK)

音乐: Can You Keep With Me - Waylander



#### SYNCOPATED KICKS, JUMP BACK, JUMP IN, WALK FORWARD

1& Kick right forward, step right beside left2& Kick left forward, step left beside right

3 Kick right forward

4 Jump back, right then left, feet ending shoulder width apart

&5 Jump feet in, right then left

6-8 Walk forward, stepping right, left, right(with attitude)

## LEFT SAILOR STEP, RIGHT SAILOR STEP, COASTER STEP, STEP ½ PIVOT LEFT

9&10 Cross left behind right, step right to right side, step left to place 11&12 Cross right behind left, step left to left side, step right to place

Sailor steps move slightly back, allow body to swing with music

13&14 Step back left, step right beside left, step left forward

15-16 Step forward right, pivot ½ turn left

### RIGHT & LEFT HIP BUMPS FORWARD, ROLLING FULL TURN RIGHT WITH TOUCH

17&18 Step forward right, bumping hips - right, left, right 19&20 Step forward left, bumping hips - left, right, left

21 Step right ¼ turn right

On ball of right make ½ turn right, stepping back left

23 On ball of left make ¼ turn right, stepping right to right side

24 Touch left beside right

#### GRAPEVINE LEFT WITH 1/4 TURN RIGHT, SHIMMY FORWARD & BACK

25&26 Step left to left side, cross right behind left

27 Step left to left side

28 Make sharp ¼ turn right, touching right toe in place

29-30 Shimmy bending forward for two counts

21-32 Shimmy back straightening up for two counts(weight ends on left)

#### **REPEAT**