Can't Keep Up

拍數: 32

級數: Beginner

編舞者: Laura Rittenhouse (AUS) - July 2022

音樂: Can't Keep Up - Brett Eldredge

Start after 32 beats

S1: TOE STRUT X 2; TWIST R/L/R/L

- 1,2,3,4 Touch R toe fwd, Drop R heel, Touch L toe fwd, Drop L heel
- 5,6,7,8 Weight on toes swing both heels R, Swing both heels L, Swing both heels R, Swing both heels L

S2: TOE STRUT X 2 BACK; ROCK WITH TAPS

- 1,2,3,4 Touch R toe back, Drop R heel, Touch L toe back, Drop L heel
- 5,6,7,8 Rock back on R foot, Tap L heel in place, Rock fwd on L foot, Tap R toe in place

S3: STEP/DRAG R; SIDESTEP L X 2

- 1,2,3,4 Big step R to R (1,2), Drag L beside R (3,4) (weight remains on R)
- 5,6,7,8 Step L to L, Step R beside L, Step L to L, Touch R beside L

S4: SLOW JAZZBOX TURN

- 1,2,3,4 Cross R foot over L (1,2), Step L foot back (3,4)
- 5,6,7,8 Turn ¼ R stepping R to R (5,6) (3:00), Step L beside R (7,8)

Choreographer notes:

-The music stops for 8 counts on Wall 12, S2 when you're facing 9:00 – just keep toe strutting back and the music will re-join you on S3.

-You can start with the lyrics (after the short intro of 4 blasts of horns) if you're fast, that way you get one extra wall of dancing.





牆數:4