

Can't Keep Up (P)

拍數: 64 牆數: 0 級數: Improver Partner
編舞者: France Bastien (CAN) & Serge Légaré (CAN) - August 2022
音樂: Can't Keep Up - Brett Eldredge



Intro: 32 counts - Open promenade position L.O.D

[1-8] M&W: (Step, Scuff) x 2, Rock/Side, Recover, Step, Hold

1-2-3-4 M: LF In Front – brush right heel – RF In front – brush left heel
 W: RF in front – brush left heel – LF in front – brush right heel
5-6-7-8 M: LF to left – return in RF – LF in front – Hold
 W: RF to right – return in LF – RF in front – Hold

[9-16] M&W: (Step, Scuff) x 2, Rock/Step, Recover, ½ Turn, Hold

1-2-3-4 M: RF in front – brush left heel – LF in front – brush right heel
 W: LF in front – brush right heel – RF in front– brush left heel
5-6-7-8 M: RF in front – return in LF – ½ turn to right RF in front – hold
 W: LF in front– return in RF – ½ turn to left LF in front – hold

Leave the woman's L hand and take the R hand

[17-24] M: Rock/Step, Recover, Step ¼ Turn L, Scuff, Step ¼ Turn L, Scuff, Step ¼ Turn L, Scuff

[17-24] W: Rock/Step, Recover, Step ¼ Turn R, Scuff, Step ¼ Turn R, Scuff, Step ¼ Turn R, Scuff

1-2-3-4 M: LF in front – return in RF – ¼ turn to left LF in front – brush right heel
 W: RF in front – return in LF – ¼ turn to right RF in front – brush left heel
5-6-7-8 M: ¼ turn to left RF in front – brush left heel – ¼ turn to left LF in front – brush right heel
 W: ¼ turn to right LF in front – brush right heel – ¼ turn to right RF in front – brush left heel

Raise woman's right hand over head

[25-32] M&W: (Side, Touch) x 2, Scissors Cross, Hold

1-2-3-4 M: RF to right – touch LF next to the RF – LF to left – touch RF next to the LF
 W: LF to left – touch RF next to the LF – RF to right – touch LF next to the RF

Take both hands of the woman

5-6-7-8 M: RF to right – LF next to the RF – RF cross in front – hold
 W: LF to left – RF next to the LF – LF cross in front croisé – hold

[33-40] M&W: Scissors ¼ Turn Step, Hold, Full Turn, Hold

1-2-3-4 M: LF to left – ¼ turn to right RF next to the LF – LF in front – hold
 W: RF to right – ¼ turn to left LF next to the RF – RF in front – hold

Leave woman's left hand

Tag: at this point here in the dance, replace the next counts with stomp, stomp, stomp, hold

5-6-7-8 M: ½ turn to left RF back – ½ turn to left LF in front – RF in front – hold
 W: ½ turn to right LF back – ½ turn to right RF in front – LF in front – hold

Leave woman's hands

[41-48] M&W: Run Run Run, Hold, Step Lock Step, Hold

1-2-3-4 M: (Walk) x 3 – hold
 W: (Walk) x 3 – hold

Take woman's right hand

5-6-7-8 M: RF in front – LF cross back (lock) – RF in front – hold
 W: LF in front – RF cross back (lock) – LF in front – hold

[49-56] M: (Side, Touch) x 2, Step ¼ Turn L, Scuff, Back ½ Turn L, Touch

[49-56] W: (Side, Touch clap) x 2, Back ¼ Turn L, Touch (clap), Side, Touch (clap)

1-2-3-4 M: LF to left – touch RF to the side LF with movement of the head to the left – RF to right touch LF to the side RF with movement of the head to the right
W: RF to right – touch LF next to the RF (clap) – LF next to the RF (clap) – LF to left – touch RF next to the LF (clap)

Leave the woman's hand and take the woman's waist

5-6-7-8 M: ¼ turn to left LF in front – brush right heel – ½ turn to left RF back – touch LF next to the RF
W: ¼ turn to left RF back – touch LF next to the RF (clap) – LF to left – touch RF next to the LF (clap)

[57-6]4 M&W: Side, Together, Side, Touch, Side, Together, Side, Hook With ¼ Turn

1-2-3-4 M: LF to left – RF next to the LF – LF to left – touch RF next to the LF

W: RF to right – LF next to the RF – RF to right – touch LF next to the RF

5-6-7-8 M: RF to right – LF next to the RF – RF to right – ¼ turn to left with left leg hook in front of right leg

Start over

**Tag: Option to the 5th routine of the dance section 33-40 on counts 5-6-7-8 change the full turn
By Stomp, Stomp, Stomp, Pause and continue the dance**
