

# Can You Keep Up

**COPPER** **NOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: High Beginner  
編舞者: Aleah Nothstein (USA) - August 2024  
音樂: Keep Up - Spencer Crandall



## First 8 count

1-2-3-4      Right heel out forward (1) left heel out forward (2) Right heel out forward(3) hitch right leg up and clap(4)  
5-6-7-8      grapevine right

## Second 8 count

1-2-3-4      grapevine left  
5-6-7-8      step right forward (5) half turn over left shoulder(6) step right forward (7) half turn over left shoulder(8)

**\*Will equal full turn\***

## Third 8 count

1-2      jump forward(1) clap (2)  
3-4-5-6      double hip bumps right first then left (RR LL)  
7-8      right heel out forward (7) back to normal stance (8)

## Fourth 8 count

1-2      left heel out forward (1) back to normal stance (2)  
3-4      scuff right foot quarter turn to the left(3) stomp right foot (4)  
5-6-7-8      hip roll

## Tag A: wall 2:

### Do 1st 12 counts (first 8 and second 4)

1-2-3-4      Right heel out forward (1) left heel out forward (2) Right heel out forward(3) kick right leg up clap under leg(4)  
5-6-7-8      grapevine right  
1-2-3-4      grapevine left

### (TAG A)

5-6-7-8      space feet apart, hold arms out and down (hold for remaining count)

**RESTART THE DANCE**

## Tag B: Wall 7

### Do first 16 counts (First and Second 8 count)

1-2-3-4      Right heel out forward (1) left heel out forward (2) Right heel out forward(3) kick right leg up clap under leg(4)  
5-6-7-8      grapevine right  
1-2-3-4      grapevine left  
5-6-7-8      step right forward (5) half turn over left shoulder(6) step right forward (7) half turn over left shoulder(8)

**\*Will equal full turn\***

### (TAG B)

1-2-3-4      walk forward RLR hitch left  
5-6-7-8      walk back LRLR

**RESTART THE DANCE**