

# Can You Keep Up

**COPPER** **KNOB**  
BY STEPHENETS

拍數: 32      牆數: 4      級數: Improver hip hop  
編舞者: Julien JAHANNAULT (FR)  
音樂: Lose My Breath - Destiny's Child



---

## STEP DIAGONALLY RIGHT, HOLD, SYNCOPATED STEP LEFT, RIGHT, HOLD, STEP DIAGONALLY LEFT, HOLD, SYNCOPATED STEP RIGHT, LEFT, HOLD

1-2            Right foot step diagonally forward right, hold  
&3-4          Left foot cross behind right, right foot step diagonally forward right, hold  
5-6            Left foot step diagonally forward left, hold  
&7-8          Right foot cross behind left, left foot step diagonally forward left, hold

## ROCK STEP RIGHT, TRIPLE STEP WITH ½ TURN RIGHT, SCUFF LEFT, HITCH LEFT, STOMP LEFT, KICK RIGHT (2 TIMES)

1-2            Right foot rock forward, left foot recover weight  
3&4            ½ turn right stepping right foot forward, left foot close beside right, right foot step forward  
5&6            Left foot scuff, left foot hitch, left foot stomp (weight on left)  
7-8            Right foot kick forward, right foot kick to right

## RIGHT SAILOR WITH ¼ TURN LEFT, ROCK STEP LEFT, COASTER STEP LEFT, ¼ TURN TOUCHES (2 TIMES)

1&2            Right foot cross behind left, ¼ turn left stepping left foot forward, right foot step to right side  
3-4            Left foot rock forward, right foot recover weight  
5&6            Left foot step back, right foot close beside left, left foot step forward  
7-8            ¼ turn left on left foot and touching right foot to right side, ¼ turn left on left foot and touching right foot to right side

## CROSS & STEP, KICK, SYNCOPATED WEAVE, ½ TURN LEFT, LUNGE, POINT RIGHT, TOUCH RIGHT

1&2            Right foot cross over left, left foot step to left, right foot kick diagonally forward right  
&3&4          Right foot step beside left, left foot cross over right, right foot step to right, left foot step behind right foot  
5-6            ½ turn left (weight on right), left foot extended forward and bent right  
&7-8&        Left foot step beside right foot, right foot point to right side, right foot tap beside left foot

**REPEAT**

---