

# Barely Keeping Up

拍數: 40      牆數: 2      級數: Improver  
編舞者: Lynn Sawyer (UK) - April 2013  
音樂: Not Worthy - Jack Savoretti



Start on the vocals

## S1: Rumba Box, Left Coaster Step, Left Lock Step

1&2      Step left to left side, step right beside left, step left forward  
3&4      Step right to right side, step left beside right, step right back  
5&6      Step left back, step right beside left, step left forward  
7&8      Step right forward, step left behind right step right forward

## S2: Rock & Cross, ½ Turn Left, Mambo Step, Coaster Step

1&2      Rock left to side, recover onto right, cross left in front of right  
3&4      Step right to right side making ¼ turn left, step left back making ¼ turn left, cross right in front of left  
5&6      Rock forward onto left foot, recover onto right, step left beside right  
7&8      Step right back, step left beside right, step right forward

(Restart here on Wall 3)

## S3: Toe Heel Cross x2, Left lock step back, Triple Full Turn

1&2      Turn left toe in and touch beside right, turn left toe out and tap heel, cross left over right  
3&4      Turn right toe in and touch beside left, turn right toe out and tap heel, cross right over left  
5&6      Step left back, step right back and in front of left, step left back  
7&8      Step back right making ½ turn right, step left making ½ turn right, step forward right (coaster step for easy option)

(Restart here on wall 6)

## S4: Grapevine ½ turn, Twist Step, Rocking Chair, Pivot ½

1&2&      Step left to left side, step right behind left, step left to side making ½ turn left, step right next to left  
3&4      Twist heels to right, twist toes to right, twist heels to right taking weight onto to right foot  
5&6&      Rock forward onto left foot, recover onto right, rock back onto left foot, recover onto right  
7 8      Step forward onto left, pivot ½ turn right, step forward onto right

## S5: Rock Forward, Side, Back x2

1&2&      Rock forward onto left, recover onto right, rock left to left side, recover onto right  
3&4      Rock back on left, step onto right, step forward left  
5&6&      Rock forward onto right, recover onto left, rock right to right side, recover onto left  
7&8      Rock back on right, step onto left, step forward right

End of dance start again

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