

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

Submitted by: Jane Carstairs - j.carstairs1@btinternet.com

Last Revision - 12th June 2013