

# Barely Keeping Up

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**Count:** 40      **Wall:** 2      **Level:** Improver

**Choreographer:** Lynn Sawyer (April 2013)

**Music:** Not Worthy by 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  $\frac{1}{2}$  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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**Last Revision - 12th June 2013**