

# CAN YOU KEEP UP

LINEDANCE.COM

**Count:** 32

**Wall:** 4

**Level:** beginner/intermediate hip hop

**Choreographer:** Jahannault Julien

**Music:** Lose My Breath by 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&4½ 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
- 7-8¼ 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

**5-6½ 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**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=60956](https://www.linedance.com/index.php?f=dance_view&id=60956)