Can You Keep Up

Count: 32   **Wall:** 4   **Level:** Improver hip hop

Choreographer: Julien JAHANNAULT (FR)

Music: 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