

Keep Up If You Can (a.k.a Dancin' Boots)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Hana Ries (USA) - October 2021
音乐: These Boots Were Made to Dance - Clayton Smalley & Timothy Baker
或: Don't Go Yet - Camila Cabello



Intro 16 Counts - CW Rotation

Alt. Music: Don't Go Yet by Camila Cabello (No Tags, 2 Restarts)

Intro: 48 Counts

(Read: R=right foot, L=left foot, fwd= forward)

HEEL TAPS, WEAVE, HEEL TAPS, MODIFIED WEAVE (12:00→12:00)

1-2 Tap R heel fwd on right diagonal, Tap R heel fwd on right diagonal
3&4 Step R behind L, Step L to left, Cross R over L
5-6 Tap L heel fwd on left diagonal, Tap L heel fwd on left diagonal
7&8 Step L behind R, Step R to right, Step L forward

HEEL, TOE, PIVOT ½ TURN, KICK-BALL-CHANGE, BIG STEP, DRAG (12:00→6:00)

1-2 Tap R heel forward, Tap R toe back
3-4 Step R forward, Turn ½ left stepping down on L
5&6 Kick R fwd, Step down on ball of R, Step L next to R
7-8 Big step R fwd slightly on right diagonal, Drag L next to R (keeping weight on R)

WALK BACK, ROCK BACK/RECOVER, STEP FORWARD, PIVOT ¼ TURN (6:00→3:00)

1-2-3-4 Step L back, Step R back, Step L back, Step R back
5&6 Rock L back, Recover to R, Step L fwd
7-8 Step R fwd, Turn ¼ left stepping down on L

Option Clap hands as you walk back on "and" counts between steps

CROSS, STEP, CROSS, STEP, MODIFIED JAZZ BOX (3:00→3:00)

1-2-3-4 Cross R over L, Step L to L, Cross R over L, Step L to L
5-6-7-8 Cross R over L, Step L slightly back, Step R to right, Cross L over R

Styling Dip on counts 1 and 3 bringing your left shoulder forward and across

REPEAT

TAG (Only when dancing to "These Boots Were Made to Dance")

At the end of wall 2 (6:00), 4 (12:00), 7 (9:00)

1-2-3 Tap R heel fwd on right diagonal, Tap R heel fwd on right diagonal, Step R next to L
4-5-6 Tap L heel fwd on left diagonal, Tap L heel fwd on left diagonal, Step L next to R

NO TAGS BUT 2 RESTARTS (Only when dancing to "Don't Go Yet")

Restarts are on wall 4 and on wall 7. Dance the first 16 counts, and as you drag your L next to R on count 16 switch weight from R to L, then restart the dance from beginning. You will be facing 3:00 both times the restart happens.

Last Update - 25 Oct. 2021

