

## Can You Keep Up

32 count, 4 wall, beginner/intermediate level  
Choreographer: Jahannault Julien (France) Nov 2004  
Choreographed to: Lose My Breath, Destiny's Child,  
Destiny Fulfilled (119 bpm)

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Count In:32 (Start on Beyonce's vocal)

**Step Diagonally R, Hold, Syncopated Step L, R, Hold, Step Diagonally L, Hold, Syncopated Step R, L, Hold.**

1, 2, Step diagonally forward on R, Hold,  
&3, 4, & cross L behind R, Step diagonally forward on R, Hold,  
5, 6, Step diagonally forward on L, Hold,  
&7, 8, & cross R behind L, Step diagonally forward on L, Hold,

**Rock Step R, Triple Step with ½ Turn R, Scuff L, Hitch L, Stomp L, Kick R ( 2Times).**

1, 2 Rock forward on right, Recover weight onto left,  
3&4, Triple step ½ turn right; stepping right, left, right,  
5&6, Scuff left forward, & Hitch left, Stomp left,  
7, 8, Kick R forward, Kick R to right,

**R Sailor with ¼ Turn L, Rock Step L, Coaster Step L, ¼ Turn Touches (2Times).**

1&2, Cross right behind left, make ¼ turn left stepping forward on right, step R to right side,  
3, 4, Rock forward on left, Recover weight onto right,  
5&6, Step back on L, & close R beside L, Step forward on L,  
7, 8, Make ¼ turn L on left, touching R to right side, Make ¼ turn L on left, touching R to right side,

**Cross & Step, Kick, Syncopated Weave, ½ Turn L, Lunge, Point Right, Touch Right.**

1&2, Cross R over L, & Step L to left, Kick R diagonally forward R,  
&3&4, & Step R beside L, Cross L over R, & Step R to right, Step L behind R,  
5, 6, ½ Turn left (weight on R), Extended L forward and bent R,  
&7, 8, & Step L beside R, Point R Toe to right side, Tap toe R beside left.

Begin again & enjoy the dance !!!!!

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