



# Couldn't Keep Up!

Song: Couldn't Keep Up, Artist: Ashleigh Dallas,  
Single: Couldn't Keep Up (4:20)  
Choreographer: Stephen Paterson,  
Victoria, Australia, 07/2021



Step Description: 32 count, 2 wall, Intermediate Line Dance, 69 BPM,  
6 restarts, start dance after 16 count intro

**RESTARTS:**     **On walls 2, 3, 6 & 7 restart after count 28 \*\*\***  
                          *(2 & 6 begin to the back, then restart to the front)*  
                          *(3 & 7 begin to the front, then restart to the back)*  
**On walls 4 & 8 restart after 16 counts \*\***  
                          *(both of these begin to the back then restart to the front)*

**Sequence will be 32, 28, 28, 16**  
**32, 28, 28, 16**  
**32, 32**

## DANCE:

| Beats        | Steps   |                                 |
|--------------|---|---------------------------------|
| <b>1-8</b>   | <b>R Nightclub Basic, Side, Quarter Side, Cross, Slow Scissor, Cross, Side, Behind, Quarter Forward</b>                 |                                 |
| 1 2 &        | Step right out to side, rock step left behind right, replace weight onto right in place (&)                             | <i>(R Nightclub basic)</i>      |
| 3 4 &        | Step left out to side dragging right together, turn 1/4 right then step right out to side, step left across right (&)   |                                 |
| 5 6 &        | Step right out to side, slide left to step beside right instep, step right across left (&)                              | <i>(slow scissor)</i> 3.00      |
| 7 8 &        | Step left out to side, step right behind left, turn 1/4 left then step left forward (&)                                 | 12.00                           |
| <b>9-16</b>  | <b>Pivot Half, Forward, Three Quarter, Cross Side, Rock Back, Recover, Quarter, Rock Back Recover</b>                   |                                 |
| 1 & 2        | Step right forward, pivot 1/2 left taking weight onto left in place (&), step right forward                             | 6.00                            |
| 3 &          | Turn 1/2 right then step left back, turn 1/4 right then step right out to side (&)                                      | 3.00                            |
| 4 &          | Step left across right, step right out to side (&)  |                                 |
| 5 6          | Rock step left back slightly behind right, recover weight forward onto right in place,                                  |                                 |
| &            | turn 1/4 right then step left slightly back (&)   | 6.00                            |
| 7 8 **       | Rock step right back, recover weight forward onto left in place **  | 6.00                            |
| <b>17-24</b> | <b>Rock Forward, Recover, Half, Step, Half Pivot, Together, Rock Forward, Recover, Together, Back Sweep, Back Sweep</b> |                                 |
| 1 2 &        | Rock step right forward, recover weight back onto left in place, turn 1/2 right then step right forward (&)             | 12.00                           |
| 3 4 &        | Step left forward, pivot 1/2 right taking weight onto right in place, step left beside right (&)                        | 6.00                            |
| 5 6 &        | Rock step right forward, recover weight back onto left in place, step right beside left (&)                             |                                 |
| 7 8          | Step left back sweeping right out, step right back sweeping left out  | 6.00                            |
| <b>25-32</b> | <b>Behind, Side, Cross Rock, Quarter, Pivot Three Quarter, R Nightclub Basic, L Nightclub Basic</b>                     |                                 |
| 1 &          | Step left behind right, step right out to side (&),   |                                 |
| 2 & 3        | Rock step left across right, recover weight back onto right in place (&), turn 1/4 left then step left forward          | 3.00                            |
| 4 & ***      | Step right forward, pivot 3/4 left taking weight onto left in place (&)   | 6.00                            |
| 5 6 &        | Step right out to side, rock step left behind right, replace weight onto right in place (&)                             | <i>(R Nightclub basic)</i>      |
| 7 8 &        | Step left out to side, rock step right behind left, replace weight onto left in place (&)                               | <i>(L Nightclub basic)</i> 6.00 |

**ENDING:**   **Wall 10 finishes to the front, step right out to side, drag left towards right to finish**

*This is an original dance sheet, feel free to copy without change for distribution*