



COUNTRY CLUB DANCERS



Can You 2 Step

Dance taught by Paul Hergert for the Country Club Dancers 12-12-2016

Choreographed by: Frank Trace, March 2015

Description: 32 count 4 wall beginner line dance

Music: **Pick Me Up On Your Way Down** by Teea Goans, 136 bpm

Intro: 16 counts start on vocals

1 – 8 Step diagonally forward, Touch, Step diagonally back, Touch, Slow coaster step, Hold

1-4 Step R diagonally forward right, Touch L next to R, Step L back diagonally left, Touch R next to L

5-8 Step R back, Step L next to R, Step R forward, Hold

9 – 16 Step lock forward, Step, ¼ Turn left, Cross, Hold

1-4 Step L forward, Step lock R behind L, Step L forward, Hold

5-8 Step R forward, Turn ¼ left, Cross step R over L, Hold

17 – 24 Weave left, Rock, Recover, Cross, Hold

1-4 Step L to L side, Step R behind L, Step L to L side, Cross R over L

5-8 Rock L to L side, Recover onto R, Cross step L over R, Hold

25 – 32 Reverse rumba box

1-4 Step R to R side, Step L next to R, Step R back, Hold

5-8 Step L to L side, Step R next to L, Step L forward, Hold

Begin Again

Alternate Music:

Memories To Burn by Teea Goans (123 bpm) - Slower Option

Jealous Bone by Patty Loveless (136 bpm)

What This Country Needs by Aaron Tippin (140 bpm)

I Left Something Turned On At Home by Trace Atkins

Or, try your favorite two step song