



COUNTRY CLUB DANCERS



Can You 2 Step For Two

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

Choreographed by: Paul and Sharon Hergert, December 2016,
Adapted from the line dance **Can You 2 Step** by Frank Trace

Description: 32 count partner circle dance

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

Start Position: Sweetheart, same footwork for both

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 (ILOD)
(Release left hands, Raise right hands over Lady's head turning ¼ left, Lady is behind man, Rejoin left hands)

17 – 24 **Weave left, Rock, Recover ¼ turn right, 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 turn ¼ right, Step L forward, Hold (LOD)
(Release left hands, Turn ¼ right bringing right hands over Lady's head back into sweetheart position)

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