

# Can You 2 Step

**Choreographer:** Frank Trace (March 2015)

**Count:** 32

**Wall:** 4

**Level:** Beginner

**Intro:** Start on vocals

**Music:** "Pick Me Up On Your Way Down" by Teea Goans



**Alt. 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**

**Try your favorite "2 step song."**

**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

**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

**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

**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

**Repeat**