

Can't Keep Me Low

Choreographed by Sylvia Schell

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Description: 40 count, 2 wall, intermediate line dance

Music: Low by Sara Evans [CD: Billy-The Early Years Soundtrack / Available on iTunes]
After beat kicks in count 32 counts and begin on vocals

WALK, WALK, ANCHOR STEP, BACK, BACK, COASTER STEP

- 1-2 Walk forward right, left
- 3&4 Step right behind left, recover left in place, step right beside left
- 5-6 Walk back left, right
- 7&8 Step back on left, step right beside left, step forward on left

CROSS, 1/4 TURN R, COASTER STEP, STEP FWD, 1/2 TURN L, SHUFFLE 1/2 TURN L

- 1-2 Cross right over left, step back on left as you turn ¼ turn right
- 3&4 Step back on right, step left beside right, step forward on right
- 5-6 Step forward on left, turn ½ turn left stepping back on right
- 7&8 Shuffle (left, right, left) as you turn ½ turn to left

On wall 6 (12:00)change the shuffle ½ turn to ¼ turn facing 6:00 and restart dance from beginning

SIDE, HOLD, ROCK, RECOVER, STEP, ROCK, RECOVER, STEP, HOLD, BEHIND, TURN 1/4 R

- 1-2 Step right to right side, hold
- 3&4 Rock left behind right, recover on right, step left beside right
- 5&6 Rock right behind left, recover on left, step right beside left
- 7&8 Hold, step left behind right, turning ¼ turn right step forward on right

SHUFFLE FWD, STEP, 1/2 TURN, SAILOR RIGHT, SAILOR LEFT

- 1&2 Shuffle forward (left, right, left)
- 3-4 Step forward on right, turn ½ turn left (weight goes to left)
- 5&6 Step right behind left, step left to left side, step right to right side
- 7&8 Step left behind right, step right to right side, step left to left side

On walls 4 and 7 restart here and dance from beginning

SHUFFLE FWD, STEP, 1/2 TURN R, STEP, SAILOR RIGHT, SAILOR LEFT

- 1&2 Shuffle forward (right, left, right)
- 3&4 Step forward on left, turn ½ turn to right (weight goes to right), step forward on left
- 5&6 Step right behind left, step left to left side, step right to right side
- 7&8 Step left behind right, step right to right side, step left to left side

REPEAT

On walls 4 & 7 dance through count 32 and restart dance from beginning (you will be on 6:00 wall)

On wall 6 dance through count 16 changing the ½ turn shuffle to a ¼ turn facing back wall 6:00 and restart from beginning

At the end of the dance you will dance through the first 8 counts, step forward on right, raise hands in the air in victory (remember "Nothin' can keep you low!") 12:00

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