

# Can't Hold Us Down

**COPPER** KNOB  
STEPSHEETS

Count: 48

Wand: 4

Ebene: Intermediate

Choreograf/in: Sandi Leroux (CAN)

Musik: Can't Hold Us Down - Christina Aguilera



## **½ TURN PIVOTS, HEEL TOUCHES, SYNCOPATED CROSS STEPS LEFT THEN RIGHT**

- 1-2 Step right, turn ½ turn right hooking left behind right knee  
3-4 Step left back, touch right heel forward  
5-8 Repeat above steps 1-4

## **SYNCOPATED CROSS STEPS LEFT THEN RIGHT, GRAPEVINE LEFT SAILOR STEP**

- 1&2 Cross right over left, step left beside right, ball change onto right  
3&4 Cross left behind right, step right beside left, ball change onto left  
5-6-7&8 Step right in front of left, step left beside right, right sailor step behind left

## **RIGHT KICK, BODY ROLL, 2 - 1/8 TURNS RIGHT**

- 1-2 Step left, kick right  
3-4 Step back on right, transfer weight doing a full body roll weighted right  
5-6 Step forward left, step right beside left  
7-8 Lift heels turn 1/8 turn twisting with feet together, lift heels turn 1/8 twisting with feet together

## **ROCK RIGHT ½ TURN TRIPLE RIGHT, ROCK LEFT ¾ SPIN TURN LEFT**

- 1-2 Rock right, step back left  
3&4 ¼ turn right transfer weight to left, ¼ turn right transfer weight to left  
5-6 Rock left, step back right  
7-8 Spin ¾ turn left, weight remains on left

## **LEFT KICK ¼ SWIVELS**

- 1-2 Step right to right side, low kick left at ¼ turn  
3-4 Step left, step right slightly in front of left  
5-6-7-8 Lift heels off floor swivel toes left, swivel toes right, swivel toes left, hold

## **TOP DRAWER BOTTOM DRAWER, BODY ROLL**

- 1&2 Weighted on left lift right hip forward while touching right toe ¼ turn left, drop hip down on 2  
3&4 Repeat 1&2  
5-6 Roll shoulders forward in a body roll exchanging weight from left to right  
7&8 Hold, step back right, step back left

## **REPEAT**

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