

Can't Hold Us

Count: 64

Wand: 2

Ebene: Intermediate

Choreograf/in: Marcus Zeckert (DE) - August 2013

Musik: Can't Hold Us (feat. Ray Dalton) - Macklemore & Ryan Lewis : (iTunes)



Count in: dance begins after 48 counts on real vocals

Section 1: [1 – 8] knee pops in – out, kick ball change, turn step, point, vaudevilles

- 1, 2 pops right knee in, pop right knee out with $\frac{1}{4}$ turn right (3.00)
- 3 & 4 kick right fw, step right next left, step on left fw
- 5, 6 step right with $\frac{1}{4}$ turn right fw (6.00), point left toe left
- & 7 step left slightly back, cross right over left
- & 8 step left left side, touch right heel fwd (at slight angle)

Section 2: [9 – 16] vaudevilles, Step, hold, slow turn

- & 9 step right slightly back, cross left over right
- & 10 step right right side, touch left heel fw (at slight angle)
- & 11 step left slightly back, cross right over left
- & 12 step left left side, touch right heel fw (at slight angle)
- & 13, 14 step right slightly back, step left fw, step right fw
- 15, 16 turn $\frac{1}{2}$ left (12.00) on two counts, weight on right

Section 3: [17 – 24] down, up with hand moves, swivel twice, back, touch

- 17, 18 move down, move up
- 19, 20 swivel heels left, swivel heels center
- 21, 22 swivel heels left, swivel heels center
- 23, 24 step left back, touch right next left

Section 4: [25 – 32] out, out, forward cross 3x, touch, clap

- & 26 step right foot right (slightly fw), step left foot left (slightly fw)
- & 25 step right foot in, cross left foot over right foot
- & 27 step right foot right (slightly fw), step left foot left (slightly fw)
- & 28 step right foot in, cross left foot over right foot
- & 29 step right foot right (slightly fw), step left foot left (slightly fw)
- & 30 step right foot in, cross left foot over right foot
- 31, 32 touch right toe diagonally forward, clap

Restart at the 3rd and 6th rotation

Section 5: [33 -40] paddle turns, cross rock, cross rock

- & 33 step right foot fw, $\frac{1}{8}$ turn left (weight on left)
- & 34 step right foot fw, $\frac{1}{8}$ turn left (weight on left)
- & 35 step right foot fw, $\frac{1}{8}$ turn left (weight on left)
- & 36 step right foot fw, $\frac{1}{8}$ turn left (weight on left) (6.00)
- 37, 38 cross right over left, rock back on left
- & step back on right foot
- 39, 40 cross left over right, rock back on right

Section 6: [41 - 48] coaster step, walk, walk, skiffles

- 41 & 42 step back left, right next to left, step left fw
- 43, 44 step right fw, step left fw
- 45 & 46 step right fw, step left behind right, step right side
- 47 & 48 step left fw, step right behind left, step left side

Section 7: [49 - 56] ¼ pivot, ½ pivot, toe ball change 2x

49, 50 step right fw, ¼ turn left (weight on left) (3.00)
51, 52 step right fw, ½ turn left (weight on left) (9.00)
53 & 54 touch right toe fw, step right next left, step left fw
55 & 56 touch right toe fw, step right next left, step left fw

Section 8: [49 - 56] ½ pivot 2x, step, heel lifts with knee pops ¼ turn

57 & 58 step right foot fw, ½ turn left (weight on left) (3.00)
59, 60 step right foot fw, ½ turn left (weight on left) (9.00)
61 step right fw
62, 63, 64 lift heels and pop knees three times and turn ¼ left (6.00)

Start again

Restarts: at the 3rd and 6th rotation after section 4

Dance ... if you can !

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