Shout Out Loud

Count: 48

Level: Intermediate/Advanced

Choreographer: Stephen Sunter (UK)

Music: Can't Hold Us Down (feat. Lil' Kim) - Christina Aguilera

KNEE ROLL ¼ TURN, SIDE STEP & CLICK FINGERS, REPEAT THREE TIMES 1-2 Step left to side and roll left knee making a ¼ turn left, step right to side and click fingers 3-4 Roll left knee making a ¼ turn left, step right to side and click fingers 5-6 Roll left knee making a ¼ turn left, step right to side and click fingers 7-8 Roll left knee making a 1/4 turn left, step right to side and click fingers SKATE LEFT, SKATE RIGHT, SIDE SHUFFLE, CROSS ROCK, 1 ¼ TURN RIGHT 9-10 Skate left to left, skate right to right 11&12 Left side shuffle left, right, left 13-14 Cross rock right over left, replace weight to left 15&16 Turn ¼ right stepping forward right, turn ½ right step back left, turn ½ right step forward right WALK, WALK, ROCK, BACK, BACK, OUT, OUT, BUMP 17-18 Step forward left, step forward right 19-20 Rock forward left, replace weight to right 21-22 Step back left, step back right &23-24 Step left slightly out to left, step right slight to right keeping hips left, bump hips to right HIP BUMPS, ¼ TURN, STEP, LOCK, STEP LOCK STEP 25&26&27& Bump hips left, right, left, right, left, right 28 Bump hips left making a 1/4 turn right and pop knee forward 29-30 Step forward right, lock left behind right Step forward right, lock left behind right, step forward right 31&32 PADDLE TURN, FULL TURN WITH A KICK & SIT, SAILOR STEP, CROSS UNWIND &33 Make 1/4 turn right hitch left slightly, point left to side &34 Make 1/2 turn right hitch left slightly, point left to side Keep momentum and continue to make a full turn right 35 Making a full turn on the ball of right foot, kick left slightly to side &36 On completion of the full turn step down with left foot, bend left knee and make a sitting position 37&38 Step right behind left, step left to left, step right to side 39-40 Cross left over right, unwind a full turn right and transfer weight to left SIDE SHUFFLE, CROSS ROCK, ROLLING VINE, CROSS RIGHT OVER LEFT 41&42 Shuffle to the right on right, left, right Cross rock left over right, replace weight right 43-44 45-46 Turn a 1/4 left stepping forward left, make 1/2 turn left and step back right 47-48 Turn a 1/4 left and step left to left side, cross step right over left REPEAT





Wall: 4

• 1