

Can't Hold Us Down

Count: 64

Wall: 1

Level: Improver

Choreographer: Stephanie Mountford (UK)

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



RIGHT GRAPEVINE, JUMP FEET APART, LEFT GRAPEVINE, JUMP FEET APART

- 1-2& Step right foot to right side, step left behind right
- 3&4 Jump feet out to the side, hold
- 5-6& Step left foot to left side, step right behind left
- 7&8 Jump feet out to the side, hold

STEP RIGHT FORWARD TOUCH, STEP FORWARD LEFT TOUCH, BACK RIGHT SHUFFLE, LEFT SHUFFLE

- 1-2 Step forward right, touch left beside right
- 3-4 Step forward left, touch right beside left
- 5&6 Step right foot back, step left next to right, step right back
- 7&8 Step left foot back, step right next to left, step left back

RIGHT GRAPEVINE TOUCH ¼ TURN, LEFT GRAPEVINE TOUCH

- 1-2 Step right to right side, step left behind right
- 3-4 ¼ turn right, touch left next to right
- 5-6 Step left to left side, step right behind left
- 7-8 Step left to left side, touch right next to left

25-48 Repeat all of the above

STEP FORWARD RIGHT TO RIGHT SIDE, BODY ROLL, HIP BUMP TO THE RIGHT

- 1-2 Step forward right to right side, step forward left to left side
- 3&4 Body roll around, hip bump right
- 5-6 Step back on left to left side, step right back to right side
- 7&8 Body roll around, hip bump right (switch weight to left)

RIGHT GRAPEVINE TOUCH, LEFT GRAPEVINE, HIP BUMP RIGHT, LEFT

- 1-2 Step right to right side, step left behind right
- 3-4 Step right to right side, touch left next to right
- 5-6 Step left to left side, step right behind left
- 7&8 Step left to left side, hip bump, right left

REPEAT

At the end, the music changes, but still the same beat, you can fade it out if you like