

Can't Hold Us Down

COPPER KNOB
STEPSHEETS

Count: 48

Wall: 4

Level: Intermediate

Choreographer: Sandi Leroux (CAN)

Music: 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
