

# Can't Hold Us

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Marcus Zeckert (DE) - August 2013

Music: 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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