

# Can't Hold Us Down

**COPPER KNOB**  
STEPSHEETS

拍数: 64      墙数: 1      级数: Improver  
编舞者: Stephanie Mountford (UK)  
音乐: 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