

Can't Hold Us

拍数: 64 墙数: 2 级数: Intermediate
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音乐: 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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