

Can't Hold Us

拍數: 128 牆數: 2 級數: Phrased Intermediate / Advanced
編舞者: Malene Jakobsen (DK) - August 2015
音樂: Can't Hold Us (feat. Ray Dalton) - Macklemore & Ryan Lewis



Intro: □48 counts, 19 sec. into track - dance begins with weight on L

Restart: □There are 2 restarts – 3rd time you do A and 5th you do A, both after 32 counts and you will be facing 6.00 both times

Sequence: □AA short A B A short A B AA B

Note: □B is always done to the back :: A - 2 wall, 64 counts, B - 1 wall, 64 counts

PART A Footwork – 64 counts

[1-8] □Fwd. rock, scoot/kick x 2, hold, back rock, 1/4 □

1-2-3-4 (1) Rock fwd. on R, (2) recover onto L, (3) scoot back on L kicking R fwd., (4) scoot back on L kicking R fwd., □12.00

5-6-7-8 (5) Rock back on R, (6) recover onto L, (7) step fwd. on R, (8) turn 1/4 L □9.00

[9-16] □Kick, cross, hold, back, hold, side, hold, touch □

1-2-3-4 (1) Kick R fwd., (2) cross R over L, (3) hold, (4) step back on L □9.00

5-6-7-8 (5) Hold, (6) step R to R, (7) hold, (8) touch L next to R □9.00

[17-24] □Side rock, cross, side, back rock, 1/4, 1/4 □

1-2-3-4 (1) Rock L to L, (2) recover onto R, (3) cross L over R, (4) step R to R □9.00

5-6-7-8 (5) Rock back on L, (6) recover onto R, (7) turn 1/4 R stepping back on L, (8) turn 1/4 R stepping slightly fwd. on R □3.00

[25-32] □Fwd., hold, mambo 1/4, touch, side, touch □

1-2 (1) Step fwd. on L, (2) hold

3-4-5-6 (3) Rock fwd. on R, (4) recover onto L, (5) turn 1/4 R stepping R to R, (6) touch L next to R □6.00

7-8 (7) Step L to L, (8) touch R next to L □6.00

NOTE: □Both restarts are here – 3rd and 5th time you do A, facing 6.00 □

[33-40] □Side, hitch, point, hitch, side, back rock, side □

1-2-3-4 (1) Step R to R, (2) hitch L, (3) point L to L, (4) hitch L □6.00

5-6-7-8 (5) Step L to L, (6) rock back on R, (7) recover onto L, (8) step R to R □6.00

[41-48] □Behind, sweep, back rock, 1/4 drag, side, drag □

1-2-3-4 (1) Cross L behind R, (2) sweep R from front to back, (3) rock back on R, (4) recover onto L □6.00

5-6-7-8 (5) Turn 1/4 L stepping R to R, (6) drag L towards R, (7) step L to L, (8) drag R towards L □3.00

[49-56] □Side, behind, side, cross rock, 1/4, 1/2 □

1-2-3-4 (1) Step R to R, (2) cross L behind R, (3) step R to R, (4) rock L across R □3.00

5-6-7-8 (5) Recover onto R, (6) turn 1/4 L stepping fwd. on L, (7) step fwd. on R, (8) turn 1/2 L □6.00

[57-64] □Fwd., hold, fwd. rock, back, drag, back rock □

1-2-3-4 (1) Step fwd. on R, (2) hold, (3) rock fwd. on L, (4) recover onto R □6.00

5-6-7-8 (5) Step large-ish back on L, (6) drag R towards L, (7) rock back on R, (8) recover onto L □6.00

Part B – Footwork – 64 counts

[1-8] □ Side, hold, 1/4, 1/4, side, cross □

- 1-2-3-4 (1) Step R to R, (2) hold, (3) rock back on L, (4) recover onto R □6.00
5-6-7-8 (5) Turn 1/4 R stepping back on L, (6) continue to turn another 1/4 R, (7) step R to R, (8) cross L over R □12.00

[9-16] □ Side, hold, 1/4, 1/4, side, cross □

- 1-2-3-4 (1) Step R to R, (2) hold, (3) rock back on L, (4) recover onto R □12.00
5-6-7-8 (5) Turn 1/4 R stepping back on L, (6) continue to turn another 1/4 R, (7) step R to R, (8) cross L over R □6.00

[17-24] □ Press & prep with R arm up, recover 1/4, together, step, hold, 1/2 □

- 1-2 (1) Press R to R, (2) prep for 1/4 turn R angling your body slightly L □6.00
3-4-5-6 (3) Recover onto L making 1/4 R, (4) step R next to L, (5) step fwd. on L, (6) hold □9.00
7-8 (7) Step fwd. on R, (8) turn 1/2 L □3.00

[25-32] □ Step, hold, 1/4, cross rock, side, cross □

- 1-2-3-4 (1) Step fwd. on R, (2) hold, (3) step fwd. on L, (4) turn 1/4 R □6.00
5-6-7-8 (5) Rock L across R, (6) recover onto R, (7) step L to L, (8) cross R over L □6.00

[33-40] □ Side, hold, 1/4, 1/4, side, cross □

- 1-2-3-4 (1) Step L to L, (2) hold, (3) rock back on R, (4) recover onto L □6.00
5-6-7-8 (5) Turn 1/4 L stepping back on R, (6) continue to turn another 1/4 L, (7) step L to L, (8) cross R over L □12.00

[41-48] □ Side, hold, 1/4, 1/4, side, cross □

- 1-2-3-4 (1) Step L to L, (2) hold, (3) rock back on R, (4) recover onto L □12.00
5-6-7-8 (5) Turn 1/4 L stepping back on R, (6) continue to turn another 1/4 L, (7) step L to L, (8) cross R over L □6.00

[49-56] □ Press & prep with L arm up, recover 1/4, together, step, hold, 1/2 □

- 1-2 (1) Press L to L, (2) prep for 1/4 turn L angling your body slightly R □6.00
3-4-5-6 (3) Recover onto R making 1/4 L, (4) step L next to R, (5) step fwd. on R, (6) hold □3.00
7-8 (7) Step fwd. on L, (8) turn 1/2 R □9.00

[57-64] □ Step, hold, 1/4, cross rock, side, fwd. □

- 1-2-3-4 (1) Step fwd. on L, (2) hold, (3) step fwd. on R, (4) turn 1/4 L □6.00
5-6-7-8 (5) Rock R across L, (6) recover onto L, (7) step R to R, (8) step slightly fwd. on L □6.00

Have fun and enjoy □

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