

Can't Hold Us Down

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Sandi Leroux (CAN)
音樂: 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
