

# Can't Hold Us

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Marcus Zeckert (DE) - August 2013  
音樂: 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 !**

**Contact: [www.linedancefactory.com](http://www.linedancefactory.com) - [info@linedancefactory.com](mailto:info@linedancefactory.com)**

---