

# SPREAD THE WORD

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**Count:** 48

**Wall:** 4

**Level:** intermediate

**Choreographer:** Guyton Mundy

**Music:** Can't Hold Us Down by Christina Aguilera Feat. Lil' Kim

## SYNCOATED JAZZ BOX, $\frac{3}{4}$ TURN, STEP, TOUCH, SYNCOATED JAZZ BOX

- 1-2** Point right toe forward, cross right over left stepping on right
- &3** Step back on left, step right to right side
- 4-5** With weight on right make a  $\frac{3}{4}$  winding turn to the left(legs will be crossed), step forward on left
- 6** Point right to right side
- 7&8** Cross right over left, step back on left, step forward on right

## STEP, POP, COASTER, TOE POINTS, CROSS OVER

- 1-2** Step forward on left toe, pop body back (transferring weight back to right)
- 3&4** Step back on left, step together with right, step forward on left
- 5&6** Touch right toe to right side, touch right to left, point right to right side
- 7&8** Cross right over left, while shrugging shoulders right, left, right

## TOUCH, SYNCOATED VINE, ROCK/RECOVER, $\frac{1}{4}$ TURN SAILOR, $\frac{1}{2}$ TURN PIVOT

- 1** Touch left to left side
- 2&3** Step left behind right, step right to right side, step left in front of right
- 4-5** Rock right to right side, recover on left
- 6&7** Step right behind left, step together with left, step forward on right, while making a  $\frac{1}{4}$  turn to the left
- 8** With weight still on right pivot  $\frac{1}{2}$  turn to the left

## COASTER, STEP, TOUCH, COASTER, HITCH WITH $\frac{3}{4}$ TURN CROSSOVER

- 1&2** Step left behind right, step together with right, step forward on left
- 3-4** Step forward on right, touch left forward
- 5&6** Step back on left, step together with right, step forward on left

**7-8** While hitching the right leg up make a  $\frac{3}{4}$  turn to the left, stepping down with the right crossing over the left

**TOUCH, CROSSOVER, TOUCH, SYNCOPATED JAZZ BOX, STEP FORWARD WITH  $\frac{1}{2}$  STEP BACK WITH  $\frac{1}{2}$ , DRAG**

**1-2** Touch left to left side, cross left in front of right

**3** Touch right to right side

**4&5** Cross right over left, step back on left, step forward on right toe

**6-7** While making a  $\frac{1}{2}$  turn to the left step forward on left, while making a  $\frac{1}{2}$  turn to the left step back on right

**8** Drag left to right, keeping weight on right

**COASTER, STEP, STEP, STEP, TRIPLE STEP, BODY POPS WITH  $\frac{1}{2}$  TURN**

**1&2** Step back left, step together right, step forward left

**3-4** Step forward on right, step forward left

**5&6** Step forward right, left, right

**7&8** While making a  $\frac{1}{2}$  turn to the left pop body to the beat, stepping down on left on 8

**REPEAT**