

Can't Hold Us

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Count: 64 **Wall:** 4 **Level:** Intermediate (Funky)

Choreographer: Materne Georgette (Jan 2014)

Music: Can't Hold Us by Macklemore, Ryan Lewis feat. Ray Dalton

Intro : 48 counts

SIDE, TOUCH, SIDE , TOUCH, SIDE, HITCH, SIDE , TOUCH

1-2RF step side R, LF touch beside to LF

3-4LF step side L, RF touch beside to RF

5-6RF step side R, LF hitch

7-8LF step side L, RF touch beside to LF

KICK BALL TOUCH, STEP FORWARD, SWEEP ¼ TURN L, CROSS, SIDE, BEHIND, 1/ 4 TURN , 1/4 TURN LEFT , TOUCH

1&2RF kick forward, RF step next to LF, LF toe forward

&3-4LF step forward, RF sweep back to front ¼ turn L, RF cross over LF 9:00

5-6LF step side, RF behind

7-8LF step forward 1/4 turn L 6:00 , ¼ turn L , RF touch beside to LF 3:00

TOUCH R HEEL FORWARD 2X , TOUCH L HEEL FORWARD 2X, JUMP OUT , JUMP CROSS, ½ TURN L , HOLD

1-2RF touch heel forward twice

&3-4RF together, LF touch heel forward twice

&5-6LF together, jump out , Jump cross RF over to LF

7-8½ turn L, hold 9:00

SIDE, HITCH, SIDE, HITCH, SWIVEL HEELS BEND KNEE

1-2RF step side R, LF hitch

3-4LF step side L, RF hitch

&5-6RF step side R, swivel heels out, swivel heels with bend knee

7&8RF & LF swivel heels out, in, out

***Restart wall 3 &6**

SIDE , TOUCH BEHIND, SIDE , TOUCH BEHIND, KICK FORWARD JUMP OUT, OUT, CROSS TOUCH BEHIND, ½ TURN R

1-2RF step side R, LF touch crossed behind

3-4LF step side L, RF touch crossed behind

5&6RF kick forward, RF jump out side R, LF out side L

7-8RF cross touch behind, ½ turn R 3:00

STEP FORWARD, KICK FWD, ½ TURN FLICK, KICK FORWARD, COASTER STEP, STEP FORWARD BODYROLL

1-2LF step forward, RF kick forward

3-4RF ½ turn L flick back, Kick forward 9:00

5&6RF step back, LF step next beside to LF, RF step forward

7-8LF step forward with bodyroll RF next to LF

KICK BALL TOUCH, KICK BALL TOUCH, KICK, KICK, SIDE, TOUCH CROSS BEHIND, SIDE

1&2RF kick forward, RF together, LF touch side left

3&4LF kick forward, RF together, RF touch side right

5-6RF kick forward diagonally left 2x

&7-8RF step side R, LF touch crossed behind, LF step side L

HEEL GRIND R, HEEL GRIND L, CROSS ,1/2 TURN L, BEND, RAISE

1-2RF heel grind with right (toes from left to right) , recover

&3-4RF together, heel grind with left (toes from right to left), recover

5-6RF cross over LF, ½turn L 3:00

7-8ben knees , raise knees

RESTART: during wall 3 (6:00) after 32 counts restart facing 3:00 & wall 6 (9:00) after 32 counts restart facing 6:00

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