

CAN'T HOLD US DOWN

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Count: 48

Wall: 4

Level: intermediate

Choreographer: Sandi Leroux

Music: Can't Hold Us Down by 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 $\frac{1}{4}$ 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