

CAN'T HOLD US DOWN

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Count: 64

Wall: 1

Level: beginner/intermediate

Choreographer: Stephanie Mountford

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

RIGHT GRAPEVINE, JUMP FEET APART, LEFT GRAPEVINE, JUMP FEET APART

1-2& Step right foot to right side, step left behind right

3&4 Jump feet out to the side, hold

5-6& Step left foot to left side, step right behind left

7&8 Jump feet out to the side, hold

STEP RIGHT FORWARD TOUCH, STEP FORWARD LEFT TOUCH, BACK RIGHT SHUFFLE, LEFT SHUFFLE

1-2 Step forward right, touch left beside right

3-4 Step forward left, touch right beside left

5&6 Step right foot back, step left next to right, step right back

7&8 Step left foot back, step right next to left, step left back

RIGHT GRAPEVINE TOUCH $\frac{1}{4}$ TURN, LEFT GRAPEVINE TOUCH

1-2 Step right to right side, step left behind right

3-4 $\frac{1}{4}$ turn right, touch left next to right

5-6 Step left to left side, step right behind left

7-8 Step left to left side, touch right next to left

25-48 Repeat all of the above

STEP FORWARD RIGHT TO RIGHT SIDE, BODY ROLL, HIP BUMP TO THE RIGHT

1-2 Step forward right to right side, step forward left to left side

3&4 Body roll around, hip bump right

5-6 Step back on left to left side, step right back to right side

7&8 Body roll around, hip bump right (switch weight to left)

RIGHT GRAPEVINE TOUCH, LEFT GRAPEVINE, HIP BUMP RIGHT, LEFT

- 1-2** Step right to right side, step left behind right
- 3-4** Step right to right side, touch left next to right
- 5-6** Step left to left side, step right behind left
- 7&8** Step left to left side, hip bump, right left

REPEAT

At the end, the music changes, but still the same beat, you can fade it out if you like