

Can't Hold Us

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Count: 64

Wall: 2

Level: Intermediate

Choreographer: Marcus Zeckert (D) LineDanceFactory - Schwerin-Lewitz (Aug 2013)

Music: Can't hold Us by Macklemore & Ryan Lewis and Ray Dalton [146 bpm - 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, 2pops right knee in, pop right knee out with $\frac{1}{4}$ turn right (3.00)

3 & 4kick right fw, step right next left, step on left fw

5, 6step right with $\frac{1}{4}$ turn right fw (6.00), point left toe left

& 7step left slightly back, cross right over left

& 8step left left side, touch right heel fwd (at slight angle)

Section 2: [9 - 16] vaudevilles, Step, hold, slow turn

& 9step right slightly back, cross left over right

& 10step right right side, touch left heel fw (at slight angle)

& 11step left slightly back, cross right over left

& 12step left left side, touch right heel fw (at slight angle)

& 13, 14step right slightly back, step left fw, step right fw

15, 16turn $\frac{1}{2}$ left (12.00) on two counts, weight on right

Section 3: [17 - 24] down, up with hand moves, swivel twice, back, touch

17, 18move down, move up

19, 20swivel heels left, swivel heels center

21, 22swivel heels left, swivel heels center

23, 24step left back, touch right next left

Section 4: [25 - 32] out, out, forward cross 3x, touch, clap

& 26step right foot right (slightly fw), step left foot left (slightly fw)

& 25step right foot in, cross left foot over right foot

& 27step right foot right (slightly fw), step left foot left (slightly fw)

& 28step right foot in, cross left foot over right foot

& 29step right foot right (slightly fw), step left foot left (slightly fw)

& 30step right foot in, cross left foot over right foot

31, 32touch right toe diagonally forward, clap

Restart at the 3rd and 6th rotation

Section 5: [33 -40] paddle turns, cross rock, cross rock

& 33step right foot fw, 1/8 turn left (weight on left)

& 34step right foot fw, 1/8 turn left (weight on left)

& 35step right foot fw, 1/8 turn left (weight on left)

& 36step right foot fw, 1/8 turn left (weight on left) (6.00)

37, 38cross right over left, rock back on left

&step back on right foot

39, 40cross left over right, rock back on right

Section 6: [41 - 48] coaster step, walk, walk, skiffles

41 & 42step back left, right next to left, step left fw

43, 44step right fw, step left fw

45 & 46step right fw, step left behind right, step right side

47 & 48step left fw, step right behind left, step left side

Section 7: [49 - 56] $\frac{1}{4}$ pivot, $\frac{1}{2}$ pivot, toe ball change 2x

49, 50step right fw, $\frac{1}{4}$ turn left (weight on left) (3.00)

51, 52step right fw, $\frac{1}{2}$ turn left (weight on left) (9.00)

53 & 54touch right toe fw, step right next left, step left fw

55 & 56touch right toe fw, step right next left, step left fw

Section 8: [49 - 56] $\frac{1}{2}$ pivot 2x, step, heel lifts with knee pops $\frac{1}{4}$ turn

57 & 58step right foot fw, $\frac{1}{2}$ turn left (weight on left) (3.00)

59, 60step right foot fw, $\frac{1}{2}$ turn left (weight on left) (9.00)

61step right fw

62, 63, 64lift heels and pop knees three times and turn $\frac{1}{4}$ left (6.00)

Start again

Restarts: at the 3rd and 6th rotation after section 4

Dance ... if you can !

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