



Web site: www.linedancerweb.com

E-mail: admin@linedancerweb.com

Can't Hold Us

Phrased, 128 Count, Intermediate/Advanced
Choreographer: Malene Jakobsen (Denmark) August 2015
Choreographed to: Can't Hold Us by Macklemore & Ryan
Lewis feat. Ray Dalton (152 bpm)

AB line dance – A 2 wall 64 counts B 1 wall 64 counts
Intro: 48 counts, 19 sec. into track - dance begins with weight on L

2 Restarts – 3rd time you do A and 5th you do A, both after 32 counts and facing 6.00 both times
AA short A B A short A B AA B
B is always done to the back

PART A

1-8 Fwd. rock, scoot/kick x 2, hold, back rock, 1/4

1-2-3-4 Rock fwd. on R, recover onto L, scoot back on L kicking R fwd., scoot back on L kicking R fwd.
5-6-7-8 Rock back on R, recover onto L, step fwd. on R, turn 1/4 L (9.00)

10-16 Kick, cross, hold, back, hold, side, hold, touch

1-2-3-4 Kick R fwd., cross R over L, hold, step back on L
5-6-7-8 Hold, step R to R, hold, touch L next to R

17-24 Side rock, cross, side, back rock, 1/4, 1/4

1-2-3-4 Rock L to L, recover onto R, cross L over R, step R to R
5-6-7-8 Rock back on L, recover on R, turn 1/4 R stepping back on L, turn 1/4 R stepping slightly fwd. on R (3)

25-32 Fwd., hold, mambo 1/4, touch, side, touch

1-2 Step fwd. on L, hold
3-4-5-6 Rock fwd. on R, recover onto L, turn 1/4 R stepping R to R, touch L next to R (6.00)
7-8 Step L to L, touch R next to L

Both Restarts are here – 3rd and 5th time you do A, facing 6.00

33-40 Side, hitch, point, hitch, side, back rock, side

1-2-3-4 Step R to R, hitch L, point L to L, hitch L (6.00)
5-6-7-8 Step L to L, rock back on R, recover onto L, step R to R

41-48 Behind, sweep, back rock, 1/4 drag, side, drag

1-2-3-4 Cross L behind R, sweep R from front to back, rock back on R, recover onto L
5-6-7-8 Turn 1/4 L stepping R to R, drag L towards R, step L to L, drag R towards L (3.00)

49-56 Side, behind, side, cross rock, 1/4, 1/2

1-2-3-4 Step R to R, cross L behind R, step R to R, rock L across R
5-6-7-8 Recover onto R, turn 1/4 L stepping fwd. on L, step fwd. on R, turn 1/2 L (6.00)

57-64 Fwd., hold, fwd. rock, back, drag, back rock

1-2-3-4 Step fwd. on R, hold, rock fwd. on L, recover onto R
5-6-7-8 Step large-ish back on L, drag R towards L, rock back on R, recover onto L (6.00)

Part B

1-8 Side, hold, 1/4, 1/4, side, cross

1-2-3-4 Step R to R, hold, rock back on L, recover onto R (6.00)
5-6-7-8 Turn 1/4 R stepping back on L, continue to turn another 1/4 R, step R to R, cross L over R (12.00)

9-16 Side, hold, 1/4, 1/4, side, cross

1-2-3-4 Step R to R, hold, rock back on L, recover onto R
5-6-7-8 Turn 1/4 R stepping back on L, continue to turn another 1/4 R, step R to R, cross L over R (6.00)

17-24 Press & prep with R arm up, recover 1/4, together, step, hold, 1/2

1-2 Press R to R, prep for 1/4 turn R angling your body slightly L
3-4-5-6 Recover onto L making 1/4 R, step R next to L, step fwd. on L, hold (9.00)
7-8 Step fwd. on R, turn 1/2 L (3.00)

25-32 Step, hold, 1/4, cross rock, side, cross

1-2-3-4 Step fwd. on R, hold, step fwd. on L, turn 1/4 R (6.00)

5-6-7-8 Rock L across R, recover onto R, step L to L, cross R over L

33-40 Side, hold, 1/4, 1/4, side, cross

1-2-3-4 Step L to L, hold, rock back on R, recover onto L

5-6-7-8 Turn 1/4 L stepping back on R, continue to turn another 1/4 L, step L to L, cross R over L (12.00)

41-48 Side, hold, 1/4, 1/4, side, cross

1-2-3-4 Step L to L, hold, rock back on R, recover onto L

5-6-7-8 Turn 1/4 L stepping back on R, continue to turn another 1/4 L, step L to L, cross R over L (6.00)

49-56 Press & prep with L arm up, recover 1/4, together, step, hold, 1/2

1-2 Press L to L, prep for 1/4 turn L angling your body slightly R

3-4-5-6 Recover onto R making 1/4 L, step L next to R, step fwd. on R, hold (3.00)

7-8 Step fwd. on L, turn 1/2 R (9.00)

57-64 Step, hold, 1/4, cross rock, side, fwd.

1-2-3-4 Step fwd. on L, hold, step fwd. on R, turn 1/4 L (6.00)

5-6-7-8 Rock R across L, recover onto L, step R to R, step slightly fwd. on L (6.00)

Have fun and enjoy?