

# Can't Hold Us

32 Count, 1 Wall, Intermediate Choreographer: Noah Sierra (US) May 2019 Choreographed to: Can't Hold Us (feat. Ray Dalton) by Macklemore & Ryan Lewis

#### Intro counts: 48 counts

#### S1 Heel/Step/Touch x2, R Heel x2, L Toe, Step.

- 1&2 Touch R heel forward, step RF on LF, touch L toe to L side.
- 3&4 Touch L heel forward, step LF on RF, touch R toe to L side.
- 5-6& Touch R heel forward, touch R heel forward, step RF on LF.
- 7-8& Touch L toe back, touch L toe back, step LF on RF.

## S2 Kick R, Kick L, Kick R x2, Kick L, Kick R, Kick L, Kick R.

- 1-2 Kick RF forward, with stepping RF on LF kick LF forward with hop on RF.
- 3-4 Kick RF forward with hopping on LF X2.
- 5-6 With stepping RF on LF kick LF forward with hop on RF, with stepping LF on RF kick RF forward with hop on LF.
- 7-8 With stepping RF on LF kick LF forward with hop on RF, with stepping LF on RF kick RF forward with hop on LF.

#### S3 Extended Heel Jacks.

- 1-2 Step RF to R side, cross LF behind RF.
- &3&4 Step RF to R side, touch L heel diagonal forward, step LF in place, cross RF over LF.
- 5-6 Step LF to L side, cross RF behind LF.
- &7&8 Step LF to L side, touch R heel diagonal forward, step RF in place, cross LF over RF.

## S4 Hip Rolls R x3, Hook Hitch, Hip Rolls L x3, Hook Hitch.

- 1-2 Roll R hips to R side, roll R hips to R side.
- 3-4 Roll R hips to R side, hook hitch LF over RF.
- 5-6 Roll L hips to L side, roll L hips to L side.
- 7-8 Roll L hips to L side, hook hitch RF over LF.

## No Tags/Restarts

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