

Can't Hold Us

64 Count, 2 Wall, Intermediate

Choreographer: Marcus Zeckert (D) Nov 2012

Choreographed to: Can't Hold Us by Macklemore & Ryan Lewis and Ray Dalton (146 bpm - itunes)

Count in: dance begins after 48 counts on real vocals

1 – 8 Knee pops in – out, kick ball change, turn step, point, vaudevilles

- 1, 2 pops right knee in, pop right knee out with ¼ turn right (3.00)
3 & 4 kick right fw, step right next left, step on left fw
5, 6 step right with ¼ turn right fw (6.00), point left toe left
& 7 step left slightly back, cross right over left
& 8 step left left side, touch right heel fwd (at slight angle)

9 – 16 Vaudevilles, Step, hold, slow turn

- & 9 step right slightly back, cross left over right
& 10 step right right side, touch left heel fw (at slight angle)
& 11 step left slightly back, cross right over left
& 12 step left left side, touch right heel fw (at slight angle)
& 13, 14 step right slightly back, step left fw, step right fw
15, 16 turn ½ left (12.00) on two counts, weight on right

17 – 24 Down, up with hand moves, swivel twice, back, touch

- 17, 18 move down, move up
19, 20 swivel heels left, swivel heels center
21, 22 swivel heels left, swivel heels center
23, 24 step left back, touch right next left

25 – 32 Out, out, forward cross 3x, touch, clap

- & 26 step right foot right (slightly fw), step left foot left (slightly fw)
& 25 step right foot in, cross left foot over right foot
& 27 step right foot right (slightly fw), step left foot left (slightly fw)
& 28 step right foot in, cross left foot over right foot
& 29 step right foot right (slightly fw), step left foot left (slightly fw)
& 30 step right foot in, cross left foot over right foot
31, 32 touch right toe diagonally forward, clap

Restart at the 3rd and 6th rotation

33 -40 Paddle turns, cross rock, cross rock

- & 33 step right foot fw, 1/8 turn left (weight on left)
& 34 step right foot fw, 1/8 turn left (weight on left)
& 35 step right foot fw, 1/8 turn left (weight on left)
& 36 step right foot fw, 1/8 turn left (weight on left) (6.00)
37, 38 & cross right over left, rock back on left, step back on right foot
39, 40 cross left over right, rock back on right

41 - 48 Coaster step, walk, walk, skiffles

- 41 & 42 step back left, right next to left, step left fw
43, 44 step right fw, step left fw
45 & 46 step right fw, step left behind right, step right side
47 & 48 step left fw, step right behind left, step left side

49 - 56 ¼ pivot, ½ pivot, toe ball change 2x

- 49, 50 step right fw, ¼ turn left (weight on left) (3.00)
51, 52 step right fw, ½ turn left (weight on left) (9.00)
53 & 54 touch right toe fw, step right next left, step left fw
55 & 56 touch right toe fw, step right next left, step left fw

49 - 56 ½ pivot 2x, step, heel lifts with knee pops ¼ turn

- 57 & 58 step right foot fw, ½ turn left (weight on left) (3.00)
59, 60, 61 step right foot fw, ½ turn left (weight on left), step right fw (9.00)
62, 63, 64 lift heels and pop knees three times and turn ¼ left (6.00)

Restart at the 3rd and 6th rotation after section 4
