Count: 128
Wall: 2
Level: Phrased Intermediate / Advanced
Choreographer: Malene Jakobsen (DK) - August 2015
Music: Can't Hold Us (feat. Ray Dalton) - Macklemore \& Ryan Lewis

Intro: $\square 48$ counts, 19 sec. into track - dance begins with weight on L
Restart: $\square$ There are 2 restarts - 3rd time you do A and 5th you do A, both after 32 counts and you will be facing 6.00 both times
Sequence: $\square A A$ short A B A short A B AA B
Note: $\square \mathrm{B}$ is always done to the back :: A - 2 wall, 64 counts, $B-1$ wall, 64 counts
PART A Footwork - 64 counts
[1-8] $\square$ Fwd. rock, scoot/kick x 2, hold, back rock, $1 / 4$
1-2-3-4 (1) Rock fwd. on $R$, (2) recover onto $L$, (3) scoot back on $L$ kicking $R$ fwd., (4) scoot back on $L$ kicking R fwd., $\mathrm{\square} 12.00$
5-6-7-8 (5) Rock back on $R$, (6) recover onto $L$, (7) step fwd. on $R$, (8) turn $1 / 4 L \square 9.00$
[9-16] $\square$ Kick, cross, hold, back, hold, side, hold, touch $\square$
1-2-3-4
(1) Kick R fwd., (2) cross R over L, (3) hold, (4) step back on LD9.00
5-6-7-8
(5) Hold, (6) step R to R, (7) hold, (8) touch L next to $R \square 9.00$
[17-24] $\square$ Side rock, cross, side, back rock, 1/4, 1/4 $\square$

| $1-2-3-4$ | (1) Rock $L$ to $L$, (2) recover onto $R$, (3) cross $L$ over $R$, (4) step $R$ to $R \square 9.00$ |
| :--- | :--- |
| $5-6-7-8$ | (5) Rock back on $L$, (6) recover onto $R$, (7) turn $1 / 4 R$ stepping back on $L$, (8) turn $1 / 4 R$ |
| stepping slightly fwd. on $R \square 3.00$ |  |

[25-32] $\square$ Fwd., hold, mambo $1 / 4$, touch, side, touch
(1) Step fwd. on L, (2) hold

3-4-5-6
(3) Rock fwd. on R, (4) recover onto $L$, (5) turn $1 / 4 R$ stepping $R$ to $R$, (6) touch $L$ next to R $\square 6.00$
7-8 (7) Step $L$ to $L$, (8) touch $R$ next to $L \square 6.00$
NOTE: $\square$ Both restarts are here - 3rd and 5th time you do A, facing $6.00 \square$
[33-40] $\square$ Side, hitch, point, hitch, side, back rock, side $\square$
1-2-3-4
(1) Step $R$ to $R$,
(2) hitch L,
, (3) point $L$ to $L$, (4) hitch $L$
6.00
5-6-7-8
(5) Step L to L,
(6) rock back on $R$, (7) recover onto $L$,
(8) step R to $\mathrm{R} \square 6.00$
[41-48] $\square$ Behind, sweep, back rock, $1 / 4$ drag, side, drag $\square$
1-2-3-4
(1) Cross $L$ behind $R$
(2) sweep $R$ from front to back,
(3) rock back on R, (4) recover onto $\square 6.00$

5-6-7-8 (5) Turn $1 / 4 L$ stepping $R$ to $R$, (6) drag $L$ towards $R$, (7) step $L$ to $L$, (8) drag $R$ towards L $\square 3.00$
[49-56] $\square$ Side, behind, side, cross rock, 1/4, $1 / 2$
1-2-3-4
(1) Step R to R,
(2) cross $L$ behind $R$, (3)
(3) step R to R, (4)
(4) rock $L$ across $R \square 3$
3.00
5-6-7-8
(5) Recover onto $R$, (6) turn $1 / 4 L$ stepping fwd. on $L$, (7) step fwd. on $R$, (8) turn $1 / 2 L \square 6.00$
[57-64] $\square F w d .$, hold, fwd. rock, back, drag, back rock $\square$
1-2-3-4
(1) Step fwd. on R, (2) hold, (3)
(3) rock fwd. on L , (4) recover onto $\mathrm{R} \square 6.00$
5-6-7-8
(5) Step large-ish back on $L$, (6) drag $R$ towards $L$, (7) rock back on $R$, (8) recover onto Lロ6.00
[1-8] $\square$ Side, hold, $1 / 4,1 / 4$, side, cross
1-2-3-4
(1) Step $R$ to $R$, (2) hold, (3) rock back on $L$, (4) recover onto $R \square 6.00$
5-6-7-8 (5) Turn $1 / 4 R$ stepping back on $L$, (6) continue to turn another $1 / 4 R$, (7) step $R$ to $R$, (8) cross L over R口12.00
[9-16] $\square$ Side, hold, $1 / 4,1 / 4$, side, cross $\square$
1-2-3-4 (1) Step $R$ to $R$, (2) hold, (3) rock back on $L$, (4) recover onto $R \square 12.00$
5-6-7-8 (5) Turn $1 / 4 R$ stepping back on $L$, (6) continue to turn another $1 / 4 R$, (7) step $R$ to $R$, (8) cross L over R $\square 6.00$
[17-24] $\square$ Press \& prep with $R$ arm up, recover $1 / 4$, together, step, hold, $1 / 2 \square$
1-2 (1) Press $R$ to $R$, (2) prep for $1 / 4$ turn $R$ angling your body slightly $L \square 6.00$
3-4-5-6 (3) Recover onto $L$ making $1 / 4 R$, (4) step $R$ next to $L$, (5) step fwd. on $L$, (6) hold $\square 9.00$
7-8 (7) Step fwd. on R, (8) turn $1 / 2 \mathrm{~L} \square 3.00$
[25-32] $\square$ Step, hold, 1/4, cross rock, side, cross $\square$
1-2-3-4
(1) Step fwd. on R, (2) hold, (3) step fwd. on $L$, (4) turn 1/4 R■6.00
5-6-7-8
(5) Rock $L$ across $R$, (6) recover onto $R$, (7) step $L$ to $L$, (8) cross $R$ over $L \square 6.00$
[33-40] $\square$ Side, hold, $1 / 4,1 / 4$, side, cross $\square$
1-2-3-4
(1) Step $L$ to $L$,
, (2) hold, (3)
5-6-7-8 (5) Turn $1 / 4 \mathrm{~L}$ stepping back on $R$, (6) continue to turn another $1 / 4 \mathrm{~L}$, (7) step $L$ to $L$, (8) cross R over LD12.00
[41-48] $\square$ Side, hold, $1 / 4,1 / 4$, side, cross $\square$
1-2-3-4 (1) Step L to L, (2) hold, (3) rock back on R, (4) recover onto LD12.00
5-6-7-8 (5) Turn $1 / 4 \mathrm{~L}$ stepping back on $R$, (6) continue to turn another $1 / 4 \mathrm{~L}$, (7) step $L$ to $L$, (8) cross R over Lロ6.00
[49-56] $\square$ Press \& prep with $L$ arm up, recover $1 / 4$, together, step, hold, $1 / 2 \square$
1-2
(1) Press $L$ to $L$, (2) prep for $1 / 4$ turn $L$ angling your body slightly $R \square 6.00$
3-4-5-6
(3) Recover onto $R$ making $1 / 4 L$, (4) step $L$ next to $R$, (5) step fwd. on $R$, (6) hold $\square 3.00$
7-8
(7) Step fwd. on $L$, (8) turn $1 / 2 R \square 9.00$
[57-64] $\square$ Step, hold, 1/4, cross rock, side, fwd.
1-2-3-4 (1) Step fwd. on $L$, (2) hold, (3) step fwd. on $R$, (4) turn 1/4 L $\square 6.00$
5-6-7-8 (5) Rock $R$ across $L$, (6) recover onto $L$, (7) step $R$ to $R$, (8) step slightly fwd. on $L \square 6.00$
Have fun and enjoy
Contact: lovelinedance@live.dk

