

Can't Hold Us

Count: 32

Wall: 1

Level: Intermediate

Choreographer: Noah Sierra (USA) - May 2019

Music: Can't Hold Us (feat. Ray Dalton) - Macklemore & Ryan Lewis



Intro counts: 48 counts

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.

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.

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.

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

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format and include all contact details on this script.

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