

Spread The Word

Count: 48

Wall: 4

Level: Intermediate

Choreographer: Guyton Mundy (USA)

Music: Can't Hold Us Down (feat. Lil' Kim) - Christina Aguilera



SYNCOPATED JAZZ BOX, ¾ TURN, STEP, TOUCH, SYNCOPATED JAZZ BOX

- 1-2 Point right toe forward, cross right over left stepping on right
- 3-4 Step back on left, step right to right side
- 4-5 With weight on right make a ¾ winding turn to the left (legs will be crossed), step forward on left
- 6 Point right to right side
- 7&8 Cross right over left, step back on left, step forward on right

STEP, POP, COASTER, TOE POINTS, CROSS OVER

- 1-2 Step forward on left toe, pop body back (transferring weight back to right)
- 3&4 Step back on left, step together with right, step forward on left
- 5&6 Touch right toe to right side, touch right to left, point right to right side
- 7&8 Cross right over left, while shrugging shoulders right, left, right

TOUCH, SYNCOPATED VINE, ROCK/RECOVER, ¼ TURN SAILOR, ½ TURN PIVOT

- 1 Touch left to left side
- 2&3 Step left behind right, step right to right side, step left in front of right
- 4-5 Rock right to right side, recover on left
- 6&7 Step right behind left, step together with left, step forward on right, while making a ¼ turn to the left
- 8 With weight still on right pivot ½ turn to the left

COASTER, STEP, TOUCH, COASTER, HITCH WITH ¾ TURN CROSSOVER

- 1&2 Step left behind right, step together with right, step forward on left
- 3-4 Step forward on right, touch left forward
- 5&6 Step back on left, step together with right, step forward on left
- 7-8 While hitching the right leg up make a ¾ turn to the left, stepping down with the right crossing over the left

TOUCH, CROSSOVER, TOUCH, SYNCOPATED JAZZ BOX, STEP FORWARD WITH ½ STEP BACK WITH ½, DRAG

- 1-2 Touch left to left side, cross left in front of right
- 3 Touch right to right side
- 4&5 Cross right over left, step back on left, step forward on right toe
- 6-7 While making a ½ turn to the left step forward on left, while making a ½ turn to the left step back on right
- 8 Drag left to right, keeping weight on right

COASTER, STEP, STEP, STEP, TRIPLE STEP, BODY POPS WITH ½ TURN

- 1&2 Step back left, step together right, step forward left
- 3-4 Step forward on right, step forward left
- 5&6 Step forward right, left, right
- 7&8 While making a ½ turn to the left pop body to the beat, stepping down on left on 8

REPEAT