

Can't Hold Us

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate (Funky)
編舞者: Materne Georgette (FR) - January 2014
音樂: Can't Hold Us (feat. Ray Dalton) - Macklemore & Ryan Lewis



Intro : 48 counts

SIDE, TOUCH, SIDE , TOUCH, SIDE, HITCH, SIDE , TOUCH

1-2 RF step side R, LF touch beside to LF
3-4 LF step side L, RF touch beside to RF
5-6 RF step side R, LF hitch
7-8 LF step side L, RF touch beside to LF

KICK BALL TOUCH, STEP FORWARD, SWEEP ¼ TURN L, CROSS, SIDE, BEHIND, 1/4 TURN , 1/4 TURN LEFT , TOUCH

1&2 RF kick forward, RF step next to LF, LF toe forward
&3-4 LF step forward, RF sweep back to front ¼ turn L, RF cross over LF 9:00
5-6 LF step side, RF behind
7-8 LF step forward 1/4 turn L 6:00 , ¼ turn L , RF touch beside to LF 3:00

TOUCH R HEEL FORWARD 2X , TOUCH L HEEL FORWARD 2X, JUMP OUT , JUMP CROSS, ½ TURN L , HOLD

1-2 RF touch heel forward twice
&3-4 RF together, LF touch heel forward twice
&5-6 LF together, jump out , Jump cross RF over to LF
7-8 ½ turn L, hold 9:00

SIDE, HITCH, SIDE, HITCH, SWIVEL HEELS BEND KNEE

1-2 RF step side R, LF hitch
3-4 LF step side L, RF hitch
&5-6 RF step side R, swivel heels out, swivel heels with bend knee
7&8 RF & LF swivel heels out, in, out

***Restart wall 3 &6**

SIDE , TOUCH BEHIND, SIDE , TOUCH BEHIND, KICK FORWARD JUMP OUT, OUT, CROSS TOUCH BEHIND, ½ TURN R

1-2 RF step side R, LF touch crossed behind
3-4 LF step side L, RF touch crossed behind
5&6 RF kick forward, RF jump out side R, LF out side L
7-8 RF cross touch behind, ½ turn R 3:00

STEP FORWARD, KICK FWD, ½ TURN FLICK, KICK FORWARD, COASTER STEP, STEP FORWARD BODYROLL

1-2 LF step forward, RF kick forward
3-4 RF ½ turn L flick back, Kick forward 9:00
5&6 RF step back, LF step next beside to LF, RF step forward
7-8 LF step forward with bodyroll RF next to LF

KICK BALL TOUCH, KICK BALL TOUCH, KICK, KICK, SIDE, TOUCH CROSS BEHIND, SIDE

1&2 RF kick forward, RF together, LF touch side left
3&4 LF kick forward, RF together, RF touch side right
5-6 RF kick forward diagonally left 2x
&7-8 RF step side R, LF touch crossed behind, LF step side L

HEEL GRIND R, HEEL GRIND L, CROSS , 1/2 TURN L, BEND, RAISE

- 1-2 RF heel grind with right (toes from left to right) , recover
- &3-4 RF together, heel grind with left (toes from right to left), recover
- 5-6 RF cross over LF, ½turn L 3:00
- 7-8 bend knees , raise knees

RESTART: during wall 3 (6:00) after 32 counts restart facing 3:00 & wall 6 (9:00) after 32 counts restart facing 6:00

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