

Can't Hold Us

Choreographed by Jenny Stephenson (UK) & Fred Whitehouse (IE)

Description: 160 counts, 1 wall, ABC, Street - Hip Hop

Sequence: A,A,A until restart, B,B,Tag,A to finish

Level: RisingStar/SuperStar

Music : 'Can't Hold Us' - Macklemore & Ryan Lewis (Special Edit 146 BPM) - Non-Country

Official UCWDC competition dance description

Date of usage 3 July 2020 to July 2021

PART A: 64 COUNTS

- 1-8 STEP HITCH X2, STEP CROSS STEP, SWIVEL, PUSH BODY FORWARD**
12 Step RF side R, hitch L leg
34 Step LF side L, hitch R leg
5&6 Step RF side R, cross LF over RF, step RF side R
7&8 Swivel R toe in, swivel L toe out, lean forward over ball of LF
- 9-16 HOLD, STEP TOGETHER POINT, ROLL BACK TO RF, POINTS, FLICK RF BACK**
1&2 Hold (1), step RF to LF (&), point L toe to side L leaning over RF (2)
34 Shift body up and over from RF to LF
8&5&6 Step RF next to LF (&), point L toe side L (5), step on LF next to RF (&), point R toe side R (6)
8&78 Step on RF side R (&), point toe to side L (7), Jump on LF (8) flick RF back, arms bent at elbow pointing up
- 17- 24 BOUNCE UNWIND, HITCH STEP SLIDE R, FORWARD WALKS W/ARMS**
1234 Cross RF over L, bounce heels to full turn, transfer weight to LF when back to 12:00
8&56 Hitch R leg, slide RF side R, drag LF to RF
8&7&8 Close LF to RF (&), cross arms in front as you step RF forward (7), punch arms down and out (&), hitch L knee up, arms up (8)
- 25-32 STEP LF FORWARD, ROCK BACK X2, SECOND POSITION TURN, SLIDE, DROP TO FLOOR**
12 Step LF forward, replace weight back to RF
34 Replace weight forward to LF, replace weight back to RF
56 ¼ turn L stepping LF forward, ½ turn L stepping back on RF
7&8 ¼ turn L Stepping LF to L side (7), punch R hand overhead (&), slide drop R knee to floor, L knee bent (8) (**Restart here on wall 3, don't do the knee drop, just step to the L on 8 ready to start part B on the R leg).**)
- 33- 40 SLIDE L LEG FORWARD, RONDE DE JAMBE A TERRE UNDER BODY, TO STANDING, PIROQUETTE, SLIDE & GLIDE**
12 Slide R knee forward, ronde L leg forward, weight on LF rise to standing, facing 12:00
34 Lift R Knee and Pirouette R, jump both feet to side
56 Slide and glide ½ turn L, facing 6:00
78 Slide and glide ½ turn L, facing 12:00
- 41- 48 POINTS X2, HITCH, TOUCH, STEPS BACK X3, BODY ROLL W/SHOULDER SHIMMIES, HITCH**
12 Point R toe across LF, point R toe side R
3&4 ¼ turn R stepping LF to L side (3), hitch L knee up, (&), touch L toe back (4) facing 9:00
56 Body roll back as you step back on LF, step back on RF
78 Shoulder shimmies as you step back on LF (7), hitch R knee up (8)

49-56 DOROTHY STEP, STEP SLIDE X2, BODY CIRCLE, JUMP
12& Step RF foot forward (1) lock LF behind RF (2), step RF forward (&
3&4& Step LF to L side (3), flick RF back behind L leg (&), step RF to R side, (4), flick LF back behind R leg (&
56 ¼ turn L as you step LF to L side, lean L then lean back facing 12:00
78 Lean R (7), jump on LF flick RF back (8)

57- 64 JAZZ BOX SQUARE, TOE TAPS X2, TWIST TURN
12 Step RF over LF, step LF back
34 Step RF side R, tap L toe in
&5&6 Step LF side L (&), tap R toe in (5), step RF side R (&), tap L toe in (6)
&78 Step on LF (&), Cross RF over LF (7), unwind full turn L (8), finish weight on LF

PART B 32 COUNTS

1-8 STEP BACK W/DRAW, COASTER STEP, DOUBLE PIROUETTE, JUMP/ARM
12 Step RF back pushing R arm forward, drag LF to RF,
3&4 Step back on LF (3), close RF to LF (&), step forward on LF (4)
56 Prep to Pirouette on LF X2 over R shoulder
78 Jump to split weight, hold, R arm in air

9-16 BOUNCE X2, PUNCH X2, CROSS R OVER L, SIDE ROCK CROSS
12 Shift to LF, Tap R heel (1) Shift to RF, Tap L heel as you pull the R arm down to the chest
3&4 Press into L knee Punching R arm up, (&) pull R elbow back (4) Punch R arm down and grab the elbow with L hand.
56 Lift R knee up, cross RF over LF (Both arms swoop out to the sides)
7&8 Step LF side L (7), Recover to RF (&), cross LF over RF (8)

17-24 STEP HOLD, KNEE TWIST, WALK BACK X2, HOLD, BALL CHANGE
12 Step RF side R, hold (Arms up on count 1, palms facing forward hold)
34 R knee twists in towards L, R knee twists out (Arms crossed in front (3), arms out to side (4)
56 Walk back R, L (Cross arms in front of hips, push both arms out to the side)
7&8 Hold (7), step forward on ball of RF (&), replace weight forward to LF (8) arms down

25-32 PRESS STEP OUT X2, KNEE TWIST W/LEAN, BALL CHANGE
12 Press RF side R, step RF next to LF
34 Press LF side L, step LF next to RF
5&6 Step R to R side Twist R knee out, twist R knee in, twist R knee out
7&8 transfer weight to LF (7), step RF next to LF (&), step RF R side (8)

TAG 64 COUNTS

- 1-8** **DOROTHY STEP, WALK FORWARD, STEP SIDE W/CHEST COMPRESSIONS**
12& making a ¼ turn R (3.00) Step RF forward (1), step LF behind RF (2), step RF forward (&) Arms at center
- 3&4** Walk forward x3, L, R, L
5678 Chest Compressions R L R L (feet apart)
- 9-16** **STEP PUSH X2, STEP PIVOT TURN ½ L, PIVOT FULL TURN L**
12 Step RF forward, press L toe back, slide
34 Step LF forward, press R toe back, slide
56 Step RF forward, ½ turn L stepping forward on LF, facing (9:00)
78 ½ turn L stepping back on RF, ½ turn L stepping Forward on LF forward
- 17-24** **DOROTHY STEP, WALK FORWARD, STEP SIDE W/CHEST COMPRESSIONS**
12& facing (9.00) Step RF forward (1), step LF behind RF (2), step RF forward (&) Arms at center
3&4 Walk forward x3, L, R, L
5678 Chest Compressions R L R L (feet apart)
- 25-32** **STEP PUSH X2, STEP PIVOT TURN ½ L, PIVOT FULL TURN L**
12 Step RF forward, press L toe back, slide
34 Step LF forward, press R toe back, slide
56 Step RF forward, ½ turn L stepping forward on LF, facing (9:00)
78 ½ turn L stepping back on RF, ½ turn L stepping Forward on LF forward
- 33-40** **DOROTHY STEP, WALK FORWARD, STEP SIDE W/CHEST COMPRESSIONS**
12& making a ¼ R facing (12.00) Step RF forward (1), step LF behind RF (2), step RF forward (&) Arms at center
3&4 Walk forward x3, L, R, L
5678 Chest Compressions R L R L (feet apart)
- 41-48** **STEP PUSH X2, STEP PIVOT TURN ½ L, PIVOT FULL TURN L**
12 Step RF forward, press L toe back, slide
34 Step LF forward, press R toe back, slide
56 Step RF forward, ½ turn L stepping forward on LF, facing (9:00)
78 ½ turn L stepping back on RF, ½ turn L stepping Forward on LF forward
- 49-56** **1/2 TURN, STEP RF SIDE R, IN PLACE FEET APART, TRIPLE STEP R,**
1234 ½ turn over L Shoulder R Arm up stepping Rf To R side (1), snake hand down on 2 3 4 (LRL)
&56 close RF to LF (&), step LF side L (5), lower into R knee (6)
78 ½ turn R transferring weight to RF (7), rise to standing (8)
- 57-64** **STEP PIVOT FULL TURN, GALLOPS BACKWARDS**
1234 Cross LF over RF (1), unwind a full turn over R shoulder (23) step LF to L side.
5&6&78 Step RF back lifting L knee (5), press on ball of LF (&), step RF back lifting L knee (6), press on ball of LF (&), step back on RF lifting L knee (7), stomp LF next to RF (8), backing to 6:00