Keep Rising

Count: 96 **Wall:** 1 **Level:** Advanced Phrased
Choreographer: Jean-Pierre Madge (CH) - November 2026
Music: Can't Hold Us (feat. Ray Dalton) - Macklemore & Ryan Lewis

Intro: 48 counts from first beat (app. 19 seconds into track). Start with weight on L foot.
Sequence: A, A, A32, B, B, A, A32, B, B, TAG, B, B

Part A: 64c
[1 – 8] 2x Walk, Kick, Point Back, ½ R turn, Kick ball Step, Step forward
1-2-3-4 Walk R, L (1,2), Kick R forward (3), Point R back (4), 12:00
5-6&7-8 Pivot ½ R step R forward (5), Kick L forward (6), Step L next R (&), Step R forward (7), Step L forward (8) 6:00

[9 – 16] 2x Step Pivot ¼ L, Heel Switches forward, Point Switches sides
1-2-3-4 Step R forward (1), Pivot ¼ L weight on L (2), Step R forward (3), Pivot ¼ L weight on L (4) 12:00
Option On wall 1 only change first 4 count to : R heel out (1), L heel out (&), Bring R back (2), Bring L back as you turn ¼ L (&), R heel out (3), L heel out (&), Bring R back (4), Bring L back as you turn ¼ L (&) as the singer is rapping very fast
5&6&7&8 R heel forward (5), R next L (&), L heel forward (6), L next R (&), Point R to R (7), R next L (&), Point L to L (8), 12:00

[17 – 24] Hitch, Cross, Back, Side, Cross Rock Recover ¼ R, Step Pivot ½ R
1-2-3-4 Hitch L (1), cross L over R (2), Step R back (3), Step L to L (4) 12:00
Option On wall 1 : Raise both index up as the singer says "UP" at the same time as you do the hitch on count (1)
On wall 2 : with L hand, smash your R hand above your head one time as you are throwing bills around as the singer says "MONEY" at the same time as you do the hitch on count (1)
5&6-7-8 Cross Rock R over L (5), Recover (&), ¼ R step R forward (6), Step L forward (7), Pivot ½ R Step R forward (8) 9:00

[25 – 32] ¼ R and Stomp, Hold, 2x Sailor Step, 2x Walk
1-2-3&4 Turn ¼ R and Stomp L (1), Hold (2), Cross R behind L (3), Step L to L (&), Step R to R (4), 12:00
5&6-7-8 Cross L behind R (5), Step R to R (&), Step L to L (6), Walk R, L forward (7,8) 12:00
Note That's where you start your part B

[33 – 40] Step Pivot 1/4L, Cross Shuffle, Side Rock, Recover, Behind Side Cross 1/8 R
1-2-3&4 Step R forward (1), Pivot ¼ L Step L to L side (2), Cross R over L (3), Step L to L (&), Cross R over L (4) 9:00
5-6-7&8 Rock L to L (5), Recover (6), Cross L behind R (7), Step R to R (&), turn 1/8 R Step L forward (8) 10:30

[41 – 48] Step and Sweep 1/8 R, Cross, ¼ L, ¼ L Side Flick, Side Flick,
1-2-3-4 Step R forward and slow Sweep L turning 1/8 R (1,2), Cross L over R (3), ¼ L step R back (4) 9:00
5-6-7-8 ¼ L step L to L (5), Flick R behind L (6), Step R to R (7), Flick L behind R (8) 6:00

[49 – 56] Step and Sweep ¼ L, Cross, Back, Side, Touch, Side, Hitch
1-2-3-4 ¼ L Step L forward and Sweep R around (1,2), Cross R over L (3), Step L back (4), 3:00
5-6-7-8 Step R to R (5), Touch L next R (6), Step L to L (7), Hitch R (8) 3:00

[57 – 64] Big step R back, Drag, Ball Step, Step, Rock Forward, Recover, Step back, ¼ L Step forward

1-2&3-4 Big Step R back (1), Drag L (2), Step L next R (&), Walk R,L (3,4) 3:00
5-6-7-8 Rock R forward (5), Recover (6), Step R back (7), ¼ L step L forward (8) 12:00

Part B1: 32c
[1 – 8] Step, Hitch, Coaster Step, Slow pivot 1/4L, Sway L,R
1-2-3&4 Step R forward (1), Hitch L and bring R elbow at chest level like if you hitting someone in front of you (2), Step L back (3), Step R next L (&), Step L forward (4) 12:00
5-6-7-8 Step R forward and slowly pivot ¼ L keeping weight on R (5,6), Sway L,R (7,8) as you do that sway on R you prep your body for next count 9:00

[9 – 16] Modified arabesque ¾ L, Walk back, Body Roll back, Coaster Step
1-2-3-4 Turn ¾ L as you kick that R foot back like if you are doing an arabesque but without throwing your hand forward (1-2), Step back R,L (3,4) 12:00
5-6-7&8 As you step R back, start a bodyroll from head (5), finish that bodyroll as you put the weight on that R foot (6), Step L back (7), Step R next L (&), Step L forward (8) 12:00

[17 – 24] Step, Hitch with arms Up, Walk L,R,L, Arms
1-2-3-4 Step R forward and hitch L for 2 counts as if you are walking on the moon, raise both arms up (1,2), Walk L,R (3,4) 12:00
5-6-7-8 Step L forward and extend both arms straight forward chest level (5), bring both hands in front of your chest as you bend elbows out and close hands (6), pivot both arms ¼ R keeping that position (7), Pivot the rest of your body ¼ L keeping weight on R (8) keep arms in that position for the 4 counts of next section 3:00

[25 – 32] 2x Cross Point, Touch unwind ¾ L, Open arms
1-2-3-4 Cross point L over R and press down with both hands at the same time keeping elbows out (1), Step L to L, bring arms to initial position (2), Cross point R over L and press down with both hands at the same time keeping elbows out (3), Step R to R, bring arms to initial position (4), 3:00
5-6-7-8 Touch L behind R (5), Unwind ¾ L (6), release both arms and open them from down to up (7,8) weight is on your L 6:00

Part B2: 32c
[1 – 8] Step R forward as you throw L back, as if you are walking on the moon (1-2-3), Kick L forward (4), Step L out (&), Step R out (5), as you step R out start rotating your body clockwise, down right (6), keep rotating down left (7), keep rotating up left (8) weight is on your L 12:00

[9 – 16] Bring R arm across chest and touch your L shoulder (&), as you pull your R arm into your R hip, drag R to L slowly for 3 counts (1,2,3), cross R over L (4), Step L to L (&), Step R behind L and sweep L around (5,6), point L back (7), Pivot ½ L step L forward (8) 6:00

[17 – 24] Step R forward as you throw L back, as if you are walking on the moon (1-2-3), Kick L forward (4), Step L out (&), Step R out (5), as you step R out start rotating your body clockwise, down right (6), keep rotating down left (7), keep rotating up left (8) weight is on your L 6:00

[25 – 32] Bring R arm across chest and push that arm to R as you drag R to L slowly for 3 counts (1,2,3), cross R over L (4), Step L to L (&), Step R behind L and sweep L around (5,6), point L back (7), Pivot ½ L step L forward (8) 12:00
Note Facing 12' you will hear in the music an instrument to hit the (&1) in 2nd section, that's when you hit your shoulder and then your hip.
Facing 6' you will hear in the music the same instrument but it hit only (1) in the 2nd section, that's when you just push your R arm to the side

If you get use to the music, you can clearly hear the trumpets, that's what we want to hit with our steps

[33-64] Repeat first 32 counts 12:00
[65-72] R pony back (1&2), L pony back (3&4), R pony back (5&6), L pony back (7&8) 12:00
[73-80] Run forward R,L,R,L,R,L,R,L (1,2,3,4,5,6,7,8) 12:00

[81-88] R pony back (1&2), L pony back (3&4), R pony back (5&6), L pony back (7&8) 12:00
[89-96] Run forward R,L,R,L,R,L,R,L (1,2,3,4,5,6,7,8) 12:00
[97-104] R pony back (1&2), L pony back (3&4), R pony back (5&6), L pony back (7&8) 12:00
[105-112] Run forward R,L,R,L,R,L,R,L (1,2,3,4,5,6,7,8) 12:00
[113-120] R pony back (1&2), L pony back (3&4), R pony back (5&6), L pony back (7&8) 12:00
[121-128] Jump forward with feet together 8 times traveling forward (1,2,3,4,5,6,7,8) 12:00
Note During the pony steps, sing along to build the atmosphere in the room, lyrics are easy “LA LA LALA LA LALA LAAAAAA” and when you run forward “HEEEeeeeeEeeEEeee”
Until the jumping part where the lyrics go “ Oh OH OH OH OH OH Oooooh”

You did it ! Well done !
