

Hold Me Together

Count: 64

Wand: 2

Ebene: Intermediate

Choreograf/in: Sadiah Heggernes (NOR/UK) - March 2012

Musik: Hold Me Together - Royal Tailor : (Album: Black & White)



16 Count Intro

Section 1: Chasse L, Rock Back, Recover, Side, Behind, & Cross, ¼ Turn R, Step

- 1&2 Step L to L side. Close R beside L. Step L to L side
3-4 Rock back on R. Recover onto L
5-6 Step R to R side. Cross L behind R
&7-8 Step R to R side Cross L over R. ¼ turn R stepping forward on R 3.00

Section 2: Rock Forward, Recover, ½ Turn Shuffle L, Rock Forward, Recover, ½ Turn Shuffle R

- 1-2 Rock forward on L. Recover onto R
3&4 ½ turn L stepping L-R-L 9.00
5-6 Rock forward on R. Recover onto L
7&8 ½ turn R stepping R-L-R 3.00

Section 3: Chasse L, Rock Back, Recover, Side, Behind, & Cross, ¼ Turn R, Step

- 1&2 Step L to L side. Close R beside L. Step L to L side
3-4 Rock back on R. Recover onto L
5-6 Step R to R side. Cross L behind R
&7-8 Step R to R side Cross L over R. ¼ turn R stepping forward on R 6.00

Section 4: Rock Forward, Recover, L Lockstep Back, Rock Back, Recover, ½ Turn Shuffle L

- 1-2 Rock forward on L. Recover onto R
3&4 Step back on L. Lock R over L. Step back on L
5-6 Rock back on R. Recover onto L
7&8 ½ turn L stepping back R-L-R 12.00

Section 5: Side, Hold, Ball Side, Touch, Hip Sways, Kick Ball Touch

- 1-2 Step L to L side. Hold
&3-4 Step onto ball of R. Step L to L side. Touch R beside L
5-6 Step R to R side swaying hips R-L
7&8 Kick R forward. Step onto ball of R. Touch L beside R

Section 6: ¼ Turn L Step, Hold, Ball Step, Touch, Hip Sways, Coaster Step

- 1-2 ¼ turn L stepping forward on L. Hold 9.00
&3-4 Step onto ball of R. Step forward on L. Touch R beside L
5-6 Step R to R side swaying hips R-L
7&8 Step back on R. Step L beside R. Step forward on R

Section 7: Rock Forward, Recover, Chasse ¼ Turn L, Cross, Back, R Lockstep Back

- 1-2 Rock forward on L. Recover onto R
3&4 ¼ turn L stepping L to L side. Close R beside L. Step L to L side 6.00
5-6 Cross R over L. Step back on L
7&8 Step back on R. Lock L over R. Step back on R

Section 8: Rock Back, Recover, Full Turn R. Side Rock, Recover, Cross Rock, Recover

- 1-2 Rock back on L. Recover onto R
3-4 ½ turn R stepping back on L. ½ turn R stepping forward on R

5-6

Rock L to L side. Recover onto R

7-8

Cross rock L over R. Recover weight on R
