

# Hold My Heart

**COPPER KNOB**  
BY STEPHEN BATES

**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Christine Collins (AUS) & Katherine Collins (AUS) - September 2011

**Music:** Hold My Heart - Sara Bareilles : (Album: Kaleidoscope Heart)



**Intro: 16 beats**

**[1-8] ROCK FWD, BACK ½ FWD, ROCK FWD, BACK, ¼ SIDE, R COASTER FWD, SWEEP, SWEEP**

- 1, 2 & 3 Rock forward R, Rock back L, Step forward ½ R, Rock forward L (6:00)
- 4 & Rock back R, Step ¼ L to the side (3:00)
- 5 & 6 Step R forward, Step L together, Step R back
- 7, 8 Sweep L back, Sweep R back

**[9-16] LOCK FWD INTO 1/8 CORNER, TURN ½ L STEP R BACK, ROCK BACK L, ROCK FWD R, STEP FWD L, STEP FWD R, ½ PIVOT, STEP L TO SIDE 1/8 RIGHT**

- 1 & 2 Step L forward 1/8 left, lock R behind, step L forward (1:00)
- & 3, 4 Turn ½ left stepping back R, Rock L back, Replace weight forward on R (7:00)
- 5 6 Step L forward, Step R forward
- 7 & 8 Step L forward pivot ½ right, turn 1/8 right stepping L to side # (3:00)

**[17-24] STEP DRAG, BEHIND ½ TURN, ROCK TOGETHER, TOE UNWIND ½, HOOK, STEP FWD R, STEP FWD L**

- 1, 2 & 3 Step R to right side, Drag L, Step behind L, Step ¼ R stepping R forward, Step ¼ R stepping L to side (9:00)
- 4 & Rock R, Step L together,
- 5 6 R toe touch behind, unwind ½ right, keep weight back on left, hook R foot (3:00)
- 7, 8 Step R forward, Step L forward

**[25-32] SIDE ROCK CROSS, ¼ BACK, ¼ SIDE, STEP (REPEAT)**

- 1 & 2 Rock R to right side, Replace weight L, cross R over L (3:00)
- 3 & 4 ¼ turn right and step L back, ¼ turn right and step R to right side, step L together (9:00)
- 5 & 6 Rock R to right side, Replace weight L, cross R over L
- 7 & 8 ¼ turn right and step L back, ¼ right turn and step R to right side, step L together \* (3:00)

**REPEAT**

**RESTART: # On Wall 4 dance to count 16 then start wall 5 to front.**

**TAG: \* At the end of wall 7 repeat last 8 counts and restart**

**ENDING: Wall 10: Dance to count 19 and Drag R foot towards left.**

**Contact - Email: collfam@bigpond.net.au - Mobile: 0439613574**