

Can You Hold Me

Compte: 48

Mur: 4

Niveau: Easy Intermediate

Chorégraphe: Katrin Gäbler (DE) & Misuk La (KOR) - November 2020

Musique: Can You Hold Me (feat. Britt Nicole) - NF



Intro: 36 Counts, start on lyrics

[1-6] Rock Left Fwd, Hold x2, Recover, Side Rock Left, Recover

- 1-3 LF rock fwd, bring your right arm up, hold for 2 counts
- 4 Recover weight back on RF
- 5 LF rock left
- 6 Recover weight back on RF

[7-12] Cross-Side-Behind, Side, Drag, Touch

- 1 LF stap across RF
- 2 RF step aside
- 3 LF cross behind RF
- 4 RF make a big step to right
- 5 LF drag next to RF
- 6 LF touch next to RF

[13-18] 1 ¼ Turn Left, Step, ½ Turn Left, Reverse Twinkle Step

- 1 LF step ¼ left fwd
- 2 RF ½ left back
- 3 LF step ½ left fwd
- 4 RF step fwd
- 5 ½ left, weight ends on RF (3.00)
- 6 Hold

[19-24] Recover, ½ Sweep Turn Right, Reverse Twinkle Right

- 1 Recover weight on LF
- 2-3 ½ sweep turn right on LF, RF sweep back
- 4 RF cross behind LF
- 5 LF step aside
- 6 RF step slightly fwd (10.30)

[25-30] Step Fwd, Hold x2, Recover, Back x2

- 1 LF step fwd, raise your right arm
- 2-3 Hold
- 4 Recover weight back on RF
- 5 LF step back
- 6 RF step back

[31-36] Basic Waltz Step Back, Step, 1/8 Sweep Turn Right

- 1 LF step back
- 2 RF step back
- 3 LF step next RF
- 4 RF step fwd
- 5-6 1/8 turn right, sweep LF fwd (12.00)

[37-42] Cross, Side, Behind, Diamond

- 1 LF cross over RF

- 2 Step RF to right
- 3 LF cross behind RF *** Ending
- 4 RF step 1/8 left back
- 5 LF step 1/8 left aside (9.00)
- 6 RF step 1/8 left fwd (7.30)

[43-48] Diamond, Back, Spiral $\frac{3}{4}$ Turn Left

- 1 LF step 1/8 left fwd (6.00)
- 2 RF step aside
- 3 LF step back
- 4 RF step back
- 5-6 $\frac{3}{4}$ spiral turn left on RF

Ending: Stepchange in the 9th wall:

- 4-6 RF cross behind LF, step RF to right, Hold
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