

Hold Me Please

Compte: 40

Mur: 4

Niveau: Improver

Chorégraphe: mBah Wir (INA) & Chika Hapsari (INA) - June 2024

Musique: Hold Me - Ebba Forsberg : (album: Been There)



Intro: 16 Count

S1: FORWARD, HOLD, FORWARD (LEFT, RIGHT), FORWARD ROCK, RECOVER, TURN ½ LEFT FORWARD

- 1-4 Step R forward (1), Hold (2), Walk forward on Left (3), Right (4)
5-8 Rock L forward (5), Recover onto R (6), Make ½ turn left step L forward (7), Make ½ turn left step R back (8) 12.00

S2: ¼ LEFT SIDE, DRAG, CUBAN BREAK, CROSS ROCK, RECOVER, SIDE ROCK, RECOVER, CROSS OVER, SIDE

- 1-4 Make ¼ left turn step L to side (1) 9.00, Dragging R toward L (2), Continue cross rock R over L (3), Recover onto L (4)
5-8 Rock R to side (5), Recover onto L (6), Cross R over L (7), Step L to side (8)

S3: BEHIND CROSS, SWEEP, BEHIND CROSS, TURN 1/4 RIGHT FORWARD, SIDE STEP & SWAY L-R-L, HOLD

- 1-4 Cross R behind L (1), Sweep L from front to back (2), Cross L behind R (3), Turn ¼ right step R forward (4) 12.00
5-8 Step L to side & sway to left (5), Sway to right (6), Sway to left (7), Hold (8)

S4: ALEMANA, HOLD, WEIGHT CHANGE, FORWARD STEP R-L, HOLD

- 1-4 Cross R over L (1), Turn ¼ right step L back (2) 3.00, Step R back (3), Hold (4)
5-8 Step L next to R & switch weight to R (5), Step R forward (6), Step L forward (7), Hold (8)

S5: SIDE STEP, CLOSE, TURN 1/4 FORWARD, HOLD, FORWARD, PIVOT TURN 1/2 RIGHT, TURN 1/4 RIGHT SIDE STEP & SWAY, HOLD

- 1-4 Step R to side (1), Step L next to L (2), Turn ¼ right step R forward (3) 6.00, Hold (4)
5-8 Step L forward (5), Turn ½ right weight on R (6) 12.00, Turn ¼ right step L to side & sway to left (7) 3.00, Hold (8)

Restart 1:

Wall 3 After 8 Count, change step 8 - Touch R next to L (12:00)

Restart 2:

Wall 7 After 28 Count

change step 4 - Recover on L (12:00)

Restart 3 :

Wall 9 After 8 Count

Change step 8 - Touch R next to L (9:00)

Repeate