

# Hold Back Your Tears

**Compte:** 60

**Mur:** 2

**Niveau:** Intermediate Waltz

**Chorégraphe:** Jordan Lloyd (UK) & Lyn Lloyd - March 2009

**Musique:** For the Nights I Can't Remember - Hedley



## Intro: Start after 24 Counts

### (1-6) Right Basic Forward, Back, ½ Turn Right, Sweep ½ Turn Right

- 1, 2, 3 Step right forward, step left next to right, replace weight to right  
4, 5, 6 Step left back, make ½ turn stepping forward right, Sweep left making ½ turn over right shoulder (12 O'CLOCK)

### (7-12) Step, Forward Sweep, Back Sweep, Unwind Full Turn

- 1, 2, 3 Step left slightly forward, sweep right around to front of left over 2 counts (don't weight right)  
4, 5, 6 Sweep right behind left, unwind full turn over right shoulder (12 O'CLOCK)

### (13-18) Step, Drag, 1 ¼ turn Left

- 1, 2, 3 Step right to right side, drag left to right over 2 counts  
4, 5, 6 Turning ¼ turn left step left forward, turning ½ turn left step right back, turning ½ turn left step left forward (9 O'CLOCK)

### (19-24) Run Back, Back, Back, Left Twinkle ¼ Turn Left

- 1, 2, 3 Run back right, left, right  
4, 5, 6 Cross left over right, step right back making ¼ turn left, step left to left side (6 O'CLOCK)

### (25-30) Right Basic Forward, Back, ½ Turn Right, Step

- 1, 2, 3 Facing left diagonal step right forward, step left next to right, replace weight to right (4.30)  
4, 5, 6 Step left back, step right forward making ½ turn over right shoulder, step left next to right (10.30)

### (31-36) Right Twinkle ½ Turn Right, ½ Turn Right, ½ Turn Right, Step

- 1, 2, 3 Cross right over left straightening up to front wall, step left back making ¼ turn right, step right to right side making ¼ turn right  
4, 5, 6 Make ½ turn over right shoulder stepping left back, make ½ turn right stepping right forward, step left forward (6 O'CLOCK)

### (37-42) Rock, Recover, ½ Turn Right, 1 ¼ Turn Right

- 1, 2, 3 Rock forward on right, recover back on left, step forward on right making ½ turn right  
4, 5, 6 Step left back making ½ turn right, step right forward making ½ turn right, step left to left side making ¼ turn right (3 O'CLOCK)

### (43-48) Sway, Sway, Sway, Left Twinkle ¾ Turn Left

- 1, 2, 3 Sway right, left, right  
4, 5, 6 Cross left over right, step right back making ½ turn over left shoulder, step left to left side making ¼ turn over left shoulder (6 O'CLOCK)

### (49-54) Cross, Side, Behind, Sweep, ¼ Turn Right, ¼ Turn Right

- 1, 2, 3 Cross right over left, step left to left side, step right behind left  
4, 5, 6 Sweep left back (stepping on it), step right to right making ¼ turn over right shoulder, step Left to left side making ¼ turn right (12 O'CLOCK)

### (55-60) Step ¼ Right, Step ¼ Right, Step, Left Basic Back

- 1, 2, 3 Step right to right making ¼ turn over right shoulder, step left to left side making ¼ turn over right shoulder, step right back

4, 5, 6            Step left back, step right next to left, recover weight to left (6 O'CLOCK)

**Have Fun And Enjoy!!**

Jordan – Jlakagus@aol.com

Lyn – lynchocoheaven@aol.com

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