

# Hold Me Together

Compte: 64

Mur: 2

Niveau: Intermediate

Chorégraphe: Sadijah Heggernes (NOR/UK) - March 2012

Musique: 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

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