

Hold Me Forever

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: High Beginner
编舞者: Sebastiaan Holtland (NL) - October 2014
音乐: Hold Me - Barbados : (CD: Barbados 1995)



Intro 16 count start dancing at (08 sec).

Sec 1. [1-8] Step, Hold, ½ R, Back, Side, Fwd Rock, Recover, ½ L, Step, Point.

1-4 Step Rt fwd, Hold, turn ½ right (6) step Lt back, step Rt to the right.

5-8 Rock Lt fwd, recover on Rt, turn ½ left (12) step Lt slightly fwd, point Rt out to right.

Restart Here WALL 5 after 8 count (Facing 12 o'clock) after start again (Facing 12 o'clock).

Sec 2. [9-16] Fwd Rock, Recover, Big Step Back, Hold, Back, ¼ R, Side, 1/8 R, Step, Hold.

1-4 Rock Rt fwd, recover on Lt, step Rt big back, Hold (head facing return 3:00).

5-8 Step Lt back, turn ¼ right (3) step Rt to the right, continue 1/8 right step Lt fwd, Hold.

Sec 3. [17-24] Step, Lock, Step, ½ L, Hook, Step, 1/8 L, Back, Back, Sweep R.

1-4 Step Rt fwd, lock Lt behind Rt, step Rt fwd (diagonal), turn ½ left hook Lt up across Rt.

5-8 Step Lt slightly fwd, turn 1/8 left (6) step Rt back, step Lt back and bending knee, sweep Rt back from front to back.

Sec 4. [25-32] Back, ¼ L, Side, Step, Hold, Walk ½ Circle To L, Step ¼ L Down Up.

1-4 Step Rt Back, turn ¼ left (3) step Lt to the left, step Rt fwd, Hold.

5-8 Turn 1/4 left (12) walk Rt fwd, turn 1/4 left (9) walk Lt fwd, turn ¼ left (6) step Lt slightly fwd dip body down, coming up take weight onto Lt.

Start Again and have fun!

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