

Hold My Hand

拍数: 32 墙数: 4 级数: Beginner / Improver
编舞者: Natasha Ind (UK) - April 2015
音乐: Hold My Hand - Jess Glynne



Come in on: "Standing".

Section 1: Side Rock, Forward Shuffle, Side Rock Back Shuffle.

1-2 Rock Left to left side, recover weight onto Right in place.
3&4 Step Left forward, Right beside left, Left Forward
5-6 Rock Right to Right side, recover weight onto Left in place
7&8 Step Right Back, Left beside left, Right Back

Section 2: Walks back, Coaster Step, Walks forward, Step, Heel swivels.

1-2 Step Left back, Step Right back
3&4 Step Left back, Right beside Left, Step Left Forward.
5-6 Step Right forward, Step Left Forward
7&8 Step Right beside Left, on balls of both feet swivel heels left and recover.

Section3: Step Left to Left side, Right behind Left, 1/4 Shuffle, Side Rock, Behind Side Cross

1-2 Step Left to Left side, cross step Right behind left
3&4 Making a ¼ step Left to left side, Right beside Left, Left Forward
5-6 Rock Right to Right side, recover weight onto Left in place
7&8 Step Right behind Left, Left to Left side, Cross Step Right over Left

Section 4: Side Rock, Behind Side Cross, Step, Touch, Point out, In, Out, Flick

1-2 Rock Left to Left side, recover weight onto Right in place
3&4 Step Left behind Right, Right to Right side, Cross Step Left over Right
5-6 Step Right beside Left, Touch Left beside Right
7&8& Touch point Left out to Left side, Touch Left beside Right, Touch point Left out to Left side, Flick Left heel up behind Right (Touch Right hand on left heel for styling).

Enjoy!

Contact: natasha67@hotmail.co.uk