

Hold My Tongue

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数:
编舞者: Alexis Strong (UK) & Suzi Beau (ENG) - February 2016
音乐: Hold My Tongue - Sheppard



Start on Vocals

[1-8] RIGHT SHUFFLE FORWARD, STEP PIVOT FULL TURN STEP BACK , RIGHT COASTER CROSS, LEFT SIDE TOUCH, RIGHT SIDE TOUCH.

1&2 Step R Fwd (1) Step L To R (&) Step R Fwd (2)
3&4 Step L Fwd (3) Make Full Turn R, Step On R (&) Step L Back (4)
5&6 Step Back On R (5) Step Back On L (&) Cross R Over L (6)
7&8& Step L To L (7) Touch R To L (&) Step R To R (8) Touch L To R (&) facing 12.00

[9-16] GRAPEVINE 1/4 LEFT, RIGHT STEP 1/2 TURN, STEP RIGHT FORWARD, TRIPLE FULL TURN RIGHT, LEFT RIGHT LEFT, RIGHT HEEL STRUT, LEFT HEEL STRUT. (3.00)

1&2 Step L To L (1) Cross R Behind L (&) Make 1/4 Turn L Step On L (2)
3&4 Step R Fwd (3) Make 1/2 Turn L, Step On L (&) Step R Fwd (4)
5&6 Making Full Turn R, Step L (5) Step R (&) Step L Fwd (6)
7&8& R Heel Fwd (7) R Heel Down (&) L Heel Fwd (8) L Heel Down FACING 3.00

[17-24] RIGHT MAMBO STEP, LEFT BACK LOCK STEP, RIGHT SHUFFLE FULL TURN, (Easier option replace count 5&6 with Right Back Lock Step) LEFT COASTER CROSS

1&2 Rock forward R,(1) Recover L,(&) Step R next to L (2)
3&4 Step back L, (3) Lock R in front of L,(&) Step back L (4)
5&6 Make full turn R stepping forward R,(5) Step L to right, (&) Step R back(6)
7&8 Step back on L,(7) Step R next to L, (&)Cross L over R (8) (3:00)

[25-32] RIGHT TOE, HEEL, CROSS, LEFT TOE, HEEL, CROSS, RIGHT CHARLESTON KICK, LEFT COASTER STEP

1&2 Tap R toe, to L foot pointing toe in, (1) Tap R heel next to L(optional styling pointing toe out),(&) Cross R over L (2)
3&4 Tap L toe to R foot pointing toe in, (3) Tap L heel next to R (optional styling pointing toe out) (&) Cross L over R (4)
5,6 Swing R foot round to front with Low kick,(5) Step back on R (6)
7&8 Step back on L,(7) Step R beside L, (&) step L forward (8)

Wall 4 Add 4 count Tag and Restart dance

[33-40] WEAVE RIGHT, RIGHT STEP, HOLD, LEFT ROCK BACK RECOVER. LEFT RUMBA BOX FORWARD, RIGHT RUMBA BOX BACK.

1&2& Step R To R (1) Cross L Behind R (&) Step R To R (2) Cross L Over R (&)
3-4& Step R To R (3) Hold (&) Rock L Back (4) Recover Fwd On R (&)
5&6& Step L To L (5) Step R To L (7) Step L Fwd (6) Touch R To L (&)
7&8 Step R To R (7) Step L To R (&) 7-8 Step R Back (8)

[41-48] SIDE TOGETHER BACK , TURN ½ HITCH CLAP, TURN ½ HITCH CLAP, SIDE TOGETHER FORWARD, SIDE TOGETHER FORWARD

1&2 Step L to L side, (1) Step R, to L, (&) Step L Back (2)
3&4& Turn ½ R Stepping forward R (3), Hitch L clap (&), Turn ½ R Stepping Back L (4) Hitch R Clap (&)

Restart on wall 2 after 44&

5&6 Step R to r side (5) Step L to R (&) Step R forward (6)
7&8 Step L to L side (7) Step R to L (&) Step L forward (8)

[49-56] CROSS STRUT BACK STRUT ¼ STRUT, CROSS, SCISSOR R SCISSOR L

1&2& Cross R over L on ball of R,(1) Drop heel (&) Step Back on Ball of L (2) Drop heel (&)
3&4 Turn ¼ R stepping on ball of R (3) Drop Heel (&) Cross L over R (4) (6:00)
5&6 Step R to R side (5) Step L to R (&) Cross R over L (6)
7&8 Step L to L side (7) Step R to L (&) Cross L over R (8)

[57-64] SIDE CLOSE 1/4, 1/4 CLOSE 1/4, STEP 1/2 STEP RUN FORWARD L, R, L

1&2 Step R to R Side (1) Close L to R (&) Turn 1/4 R Stepping forward R (9:00)
3&4 Turn 1/4 R Stepping L to L side, Close R to L, Turn 1/4 L stepping forward L
5&6 Step forward R, Pivot 1/2 L stepping L forward, Step forward R
7&8 Run forward L, R, L Knees Slightly bent (3:00)

Restart wall 2 after 44& counts

Tag: 4 Count Tag on wall 4 after count 32. Right Jazzbox

1,2, Cross R over L (1) Step L Back (2)
3,4 Step R to R side (3) Step L forward (4)

Last Update - 11th March 2016
