

A Hold On Me

COPPERKNOB
BY STEPHEN

拍数: 36 墙数: 4 级数: Improver / Intermediate
编舞者: DJ Dan (NL) - July 2016
音乐: Country Music Got a Hold On Me - Kenny Vaughan : (iTunes)



Intro: 32 counts

JAZZ BOX CROSS, CHASSE, BACK ROCK

1-4 Cross Right over Left, Step Left back, Step Right to right side, Cross Left over Right
5&6 Step Right to right side, Step Left next to Right, Step Right to right side
7-8 Rock back on Left, Recover onto Right

STEP SIDE, SLAP IN FRONT, STEP SIDE, SLAP BEHIND, STOMP, 3 x HEEL BOUNCE 1/4 TURN RIGHT

1-2 Step Left to left side, Slap Right foot with Left hand in front of Left foot
3-4 Step Right to right side, Slap Left foot up behind Right with Right hand
5 Step Left to left side with stomp
6-8 3 heel bounces making 1/4 turn right, weight ends on Left [3]

TOE STRUT BACK x 2, ROCK BACK, STEP FORWARD, PIVOT 3/4 TURN LEFT

1-2 Step back on Right toe, Drop Right heel-click fingers with both hands on right side
3-4 Step back on Left toe, Drop Left heel-click fingers with both hands on left side
5-8 Rock back on Right, Recover onto Left, Step forward on Right, Pivot 3/4 turn left [6]

HEEL STRUT FORWARD x 2, HEEL GRIND 1/4 TURN RIGHT, BACK ROCK

1-2 Step forward on Right heel, drop Right toe with clap
3-4 Step forward on Left heel, drop Left toe with clap
5-6 Touch Right heel forward, Grind 1/4 turn right step Left back
7-8 Rock back on Right, Recover on to Left [9]

Restart -Wall 5

STEP TO RIGHT, TOUCH, STEP TO LEFT, TOUCH

1-2 Step Right to right side, Touch Left toe next to Right
3-4 Step Left to left side, Touch Right toe next to Left

Restart on wall 5 :

Dance the first 32 counts, then Restart dance from beginning [9]

Ending :

On the last wall dance up to count 28, then Step forward on Right, Pivot 1/2 turn left, step forward on Right, Hold [12]

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