

Hold My Heart (Håll Mitt Hjärta)

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: High Improver
编舞者: Micaela Svensson Erlandsson (SWE) - April 2017
音乐: Håll Mitt Hjärta by Björn Skifs,



Dedicated to my dear friend Marina Szalai

Intro 28 counts (from beat)

Restart during wall 3 (facing 6 o'clock) after count 4&-Section 1.

Section 1: □ Step. Sweep. Cross. Side. Behind. Sweep. Behind. Side. Cross Rock. Step. Cross Rock. Step.

- 1 Step forward on right. Sweep left from back to front.
- 2& Cross left over right. Step right to right side.
- 3 Cross left behind right. Sweep right from front to back.
- 4& Step right behind left. Step left to left side.

Restart here: During Wall 3 facing 6 o'clock

- 5-6& Rock right across left. Recover onto left. Step right to right side.
- 7-8& Rock left across right. Recover onto right. Step left to left side.

Section 2: □ Cross. Unwind left turning 1/1. Sweep. Behind. Side. Cross. Side. Cross Rock. ¼ turn left. Full Turn forward over left shoulder.

- 1-2 Cross right over left. Unwind 1/1 turn left and Sweep left from front to back.
- 3&4 Cross left behind right. Step right to right side. Cross left over right.
- &5 Step right to right. Rock left across right.
- 6& Recover onto right. Turn ¼ left stepping forward on left.
- 7-8 Full turn forward over left shoulder stepping right, left.

Section 3: □ Basic Nightclub. Spiral ½ Turn right. Side. Cross. Basic Nightclub Spiral ½ Turn right. Side. Cross.

- 1-2 & Step right foot to right side. Step left behind right. Cross right over left.
- 3 Step left to left side turning ½ over you right shoulder hooking right foot over left.
- 4& Step right to right side. Cross left over right.
- 5-6 & Step right foot to right side. Step left behind right. Cross right over left.
- 7 Step left to left side turning ½ over your right shoulder hooking right foot over left.
- 8& Step right to right side. Cross left over right.

Section 4: □ Right Mambo. Left Mambo. Step. ½ Turn left. Step. ½ Turn left. Step. Walk..

- 1-2& Rock right. Recover onto left. Step right beside left
- 3-4& Rock left. Recover onto right. Step left beside right
- 5-6 Step forward on right. Turn ½ left.
- 7&8& Step forward on right. Turn ½ left. Step forward on right. Step forward on left.

Last Update - 27th April 2017