

# 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