

Hold on a Minute

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Anette Starup (DK) & Malene Jakobsen (DK) - April 2018
音乐: Hold on a Minute - Michael Learns to Rock : (iTunes)



Intro: 32 counts from the beat kicks in, 21 seconds into track, dance begins with weight on L

[1-8] Side rock, ball side, touch, syncopated vine, side

1-2 (1) Rock R to R, (2) recover onto L 12.00
&3-4 (&) Step R next to L, (3) step L to L, (4) touch R next to L 12.00
5-6&7 (5) Step R to R, (6) cross L behind R, (&) step R to R, (7) cross L over R 12.00
8 (8) Step R to R 12.00

[9-16] Back rock, kick ball cross, side, together, shuffle fwd.

1-2 (1) Rock back on L, (2) recover onto R 12.00
3&4 (3) Kick L diagonally L, (&) step L next to R, (4) cross R over L 12.00
5-6 (5) Step L to L, (6) step R next to L 12.00
7&8 (7) Step fwd. on L, (&) step R next to L, (8) step fwd. on L 12.00

[17-24] Fwd. rock, shuffle ¼, cross, sweep, cross, hitch

1-2 (1) Rock fwd. on R, (2) recover onto L 12.00
3&4 (3) Turn 1/4 R stepping R to R side, (&) step L next to R, (4) step R to R side 3.00
5-6-7-8 (5) Cross L over R, (6) sweep R from back to front, (7) cross R over L, (8) hitch L diagonally L 3.00

[25-32] Behind, sweep, back rock, side, touch with clap, side, touch with clap

1-2-3-4 (1) Cross L behind R, (2) sweep R from front to back, (3) rock back on R, (4) recover onto L 3.00
5-6-7-8 (5) Step R to R, (6) touch L next to R and clap, (7) step L to L, (8) touch R next to L and clap 3.00

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