Hold Me While You Wait

拍数: 72 **墙数:** 2 **级数:** Phrased High Intermediate
编舞者: Travis Taylor (AUS) - July 2019
音乐: Hold Me While You Wait - Lewis Capaldi

SEQUENCE: AABBC TAG ABCC BB CCC
Intro: 8 Counts

PART A: 24 counts

1-2&3-4	Step R to R side, Step L behind R, Step R to R side, Cross L over R, Step R to R side
5-6 7-8	Rock L back towards 10:30, Hold, Replace weight on R, 1/2 R Stepping L back (4:30)
1-2 3-4	1/2 R Stepping R fwd, Hold (10:30) Run fwd L, R (10:30)
5-6 7-8	Rock L fwd, Hold, Step/Replace weight on R, Step L back
1-2 3-4	Rock R back, Hold, Replace weight on L, 1/2 L Stepping R back (4:30)
5-6 7&8	Rock L back, Replace weight on R, 1/8 R Rock L to L side, Replace weight on R, Cross L over R (6:00)

PART B: 16 counts

1-2-3-4	Rock R to R side, Replace weight on L, Cross R over L, 1/4 R Stepping L back
5-6-7-8	1/2 R Stepping R fwd, Step L fwd, 1/2 R Pivot weight on R, 1/4 R Stepping L to L side (6:00)
1-2 3-4	Step R behind L dragging L towards L, Hold, Rock L to L side, Replace weight on R
5-6 7&8	Step L behind R, Step R to R side, Cross Shuffle L over R stepping L, R, L

PART C: 32 counts

1-2 3-4	Step R to R side dragging L, Hold Step L slightly together & behind R, Replace weight on R
5-6-7-8	1/4 R Stepping L back, 1/2 R Stepping R fwd, Step L fwd, Step R together
1-2 3-4	Step L back dragging R, Hold Rock R back, Replace weight on L
5-6-7-8	Step R fwd, 1/4 L Pivot weight on L, Cross R over L, Step L to L side

My Love, My Love, My Love, My Love part

1-2-3-4	Step R behind L, Rock L on L ball to L side, Replace weight on R, Step L behind R
5-6-7-8	Rock R on R ball to R side, Replace weight on L, Step R behind L, Step L to L side

Note: Travel these 8 counts slightly back

1-2 3-4	Cross R over L, Hold Rock L to L side, Replace weight on R
5-6 7-8	Cross L over R, Hold 1/4 L Stepping R back, 1/2 L Stepping L fwd
1	1/4 L Stepping R to R side as each sequence starts off with stepping R to the side

(treat counts 7-8 more like a full turn over L shoulder)

Tag: There is a 4 Count tag (check the sequence above)

1-2-3-4	Step R to R side swaying hips R, Hold, Replace weight on L dragging R towards L for Counts 3-4

This dance isn't as hard as it looks, once you are familiar with song, you will find its easier to marry the sequence up with the music. I like to think of Part C is the Nightclub part and the 'my love, my love, my love'. Part B is the 'turn around part. Part A is the piano ding part where I focused on the musicality of the piano chords.