

Hold Me

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Paul Worthington (UK) - March 2020
音乐: Hold Me - B A Robertson & Maggie Bell : (iTunes)



Start on main vocals - No Tags Or Restarts

Section 1: Step Lock, Step Lock Step, Rock, Recover, Coaster Step

1-2 Step forward on right, Step left behind right.
3&4 Step forward on right, step left behind right. Step forward on right.
5-6 Rock forward on left. Recover onto right.
7&8 Step back on left. Step right next to left. Step forward on left. (12)

Section 2: Step, Pivot ¼ Turn Left, Cross Shuffle, ½ Turn, Jazz Box

1-2 Step forward on right. Pivot ¼ turn left, (9)
3&4 Cross right over left. Step left to left side, Cross right over left.
5-6 Make ¼ turn right (stepping back on left). Make ¼ turn right (stepping right to right). (3)
7&8 Cross left over right. Step back on right. Step left to left side.

Section 3: Cross, Side, Behind, Side, Cross. Rock, Recover, Behind ¼ Step, Step.

1-2 Cross right over left. Step left to left side.
3&4 Step right behind left. Step left to left side. Cross right over left.
5-6 Rock left to side. Recover onto right.
7&8 Step left behind right. Make ¼ turn right (stepping forward on right). Step forward left. (6)

Section 4: Step. ½ Turn. Chasse ¼ Turn. Cross Rock, Recover, Coaster Step

1-2 Step right foot forward. Make ½ turn right (stepping back on left). (12)
3&4 Chasse ¼ turn right (stepping right to right side, Step left beside right. Step right to right side)
(3)
5-6 Cross rock left over right. Recover onto right foot
7&8 Step back on left. Step right next to left, Step forward on left.

Section 5: Step, Turn. Shuffle. Rock Recover. Coaster Cross

1-2 Step forward on right. Pivot ½ turn left. (9)
3&4 Step forward on right, close left beside right, step forward on right
5-6 Rock forward on left. Recover on right
7&8 Step back on left, step right next to left, cross step left over right

Section 6: Side. Close. Side Close Forward. Side, Close, Side Close Forward.

1-2 Step to side on right, close left next to right.
3&4 Step right to side, close left next to right, Step forward on right
5-6 Step to side on left, close right next to left
7&8 Step left to side, Close right next to left, Step forward left.

Section 7: Rock. Recover. Full Triple Turn. Step ¼ Pivot. Cross Shuffle

1-2 Rock forward on right, recover onto left.
3&4 Full triple turn to right (stepping right, left, right)
5-6 Step forward on left, pivot ¼ turn right. (12)
7&8 Cross left over right, step to side on right, cross left over right

Section 8: Side, Close. Shuffle Forward. Rock, Recover. Shuffle Turn

1-2 Step right to right side, close left beside right
3&4 Step forward on right, step left next to right, step forward on right.

5-6 Rock forward on left, recover on right.
7&8 Shuffle ½ turn left (stepping left, right, left) (6)

End of dance. Start again and enjoy
