

Hold My Hand

拍数: 32 墙数: 4 级数: Newcomer
编舞者: Karolina Ullerstam (SWE) - June 2020
音乐: Hold My Hand - Jess Glynne



Intro - 40 counts, start dancing when the drums start to beat - No tags, no restarts

Section 1: Syncopated rock steps forward, shuffle steps backwards ending with rock step back and recover

- 1 RF rock step forward (weight on RF while leaning a little bit forward) (facing 12:00)
- 2 Recover onto LF (weight on LF)
- & RF step beside LF (shift weight to RF)
- 3 LF rock step forward (weight on LF while leaning a little bit forward)
- 4 Recover onto RF (weight on RF)
- 5 LF step back
- & RF step beside LF
- 6 LF step back
- 7 RF rock step back
- 8 Recover onto LF (weight on LF)

Section 2: Steps diagonally forward and back and then diagonally back and forward (when the artist sings "Hold my hand" you can shake your hands in the air if you like, that looks great)

- 1 RF step diagonally forward right
- 2 LF touch beside RF
- 3 LF step diagonally back left
- 4 RF touch beside LF
- 5 RF step diagonally back right
- 6 LF touch beside RF
- 7 LF step diagonally forward left
- 8 RF touch beside LF

Section 3: Side steps to the right with ¼ turn right and touch, steps back ending with a touch step back and then turn ½ left backwards

- 1 RF step right
- 2 LF step beside RF
- 3 Turn ¼ right stepping RF forward (facing 03:00)
- 4 LF touch beside RF
- 5 LF step back
- 6 RF step back
- 7 LF touch step back
- 8 Turn ½ left backwards on ball of LF ending with weight on LF (facing 09:00)

Section 4: Step diagonally forward right and left and diagonally back together x 2

- 1 RF step diagonally forward right
- 2 LF step diagonally forward left
- 3 RF step diagonally back left
- 4 LF step diagonally back right beside RF
- 5 RF step diagonally forward right
- 6 LF step diagonally forward left
- 7 RF step diagonally back left
- 8 LF step diagonally back right beside RF (still facing 09:00)

Have Fun everyone and enjoy the music!

