

Hold On

COPPER KNOB
STEPSHEETS

拍数: 104 墙数: 2 级数: Phrased Intermediate
编舞者: Bruno Penet (FR) - August 2019
音乐: Hold On - Andy Brown : (CD: Cedarmont)



SEQUENCE : A – B – A – B – C – A – B – C – C – A – B – B – C – C(Final)
The Dance begin after 4 count

PART A (56 Count)

SECT 1 : OUT-OUT – STEP BACK – COASTER STEP – WEAVE – SCISSOR STEP

1&2 Step Right Heel diagonal Right, step Left Heel diagonal Left, Return Right Back
3&4 Step Left Back, Step Right beside Left, Step Left Forward
&5&6 Step Right to Right Side, Cross Left behind Right, Step right to Right Side, Cross Left over Right
7&8 Step Right to Right Side, Step Left beside Right, Cross Right over Left

SECT 2 : FULL TURN LEFT– SIDE ROCK CROSS – STEP FORWARD

1-2 ¼ Turn Left & Step Left Forward (9 :00), ½ Turn Left & Step Right Back (3 :00)
3-4 ¼ Turn Left & Step Left to Left Side, cross Right over Left (12 :00)
5-6 Rock Left to Left Side, Recover on Right
7-8 Cross Left over Right, Step Right Forward

SECT 3 : OUT-OUT – STEP BACK – COASTER STEP – WEAVE – SCISSOR STEP

1&2 Step Left Heel diagonal Left, step Right Heel diagonal Right, Return Left Back
3&4 Step Right Back, Step Left beside Right, Step Right Forward
&5&6 Step Left to Left Side, Cross Right behind Left, Step Left to Left Side, Cross Right over Left
7&8 Step Left to Left Side, Step Right beside Left, Cross Left over Right

SECT 4 : FULL TURN RIGHT – SIDE ROCK CROSS – STEP FORWARD

1-2 ¼ Turn Right & Step Right Forward (9 :00), ½ Turn Right & Step Left Back (3 :00)
3-4 ¼ Turn Right & Step Right to Right Side, cross Left over Right (12 :00)
5-6 Rock Right to Right Side, Recover on Left
7-8 Cross Right over Left, Step Left Forward

SECT 5 : STEP FORWARD – ½ TURN – SHUFFLE FORWARD – ¼ TURN SIDE ROCK – BEHIND SIDE CROSS

1-2 Step Right Forward, Pivot ½ Turn Left (weight on Left) (6 :00)
3-4 Step Right Forward, Step Left beside Right, Step Right Forward
5-6 ¼ Turn Right & Rock Left to Left Side, Recover on Right (9 :00)
7-8 Cross Left behind Right, Step Right to Right Side, Cross Left over Right

SECT 6 : SIDE STEP – HOLD – BESIDE SIDE STEP – SCUFF – CROSS ROCK – ¼ TURN SHUFFLE

1-2 Step Right to Right Side, Hold
&3-4 Step Left beside Right, Step Right to Right Side, Scuff Left beside Right
5-6 Rock Left over Right, Recover on Right
7-8 ¼ Turn Left & Step Left Forward, Step Right beside Left, Step Left Forward (6 :00)

SECT 7 : (ON DIAGONAL RIGHT) STEP RIGHT, STEP LEFT BEHIND – STEP LOCK STEP – (ON DIAGONAL LEFT) STEP LEFT, STEP RIGHT BEHIND – STEP LEFT – STOMP RIGHT

1-2 (diagonal Right) Step Right Forward, Step Left Behind Right
3&4 (diagonal Right) Step Right Forward, Step Left Behind Right, Step Right Forward
5-6 (diagonal Left) Step Left Forward, Step Right behind Left
7-8 (diagonal Left) Step Left Forward, Stomp Right beside Left

PART B (32 Count)

SECT 1 : JUMP DIAGONAL AND TOUCH – JUMP BACK & TOUCH – ROCK BACK & STOMP – SWIVEL – CROSS ROCK – STEP SIDE

- &1&2 (Jumping) Step Right Forward Diagonal Right, Touch Left Toe beside Right, (Jumping) Step Left Back, Touch Right Toe beside Left
3&4 (Jumping) Rock Right Back & Kick Left Forward, Recover on Left, Stomp Right beside Left
5&6 Swivel to Right : Right Toe, Right Heel, Right Toe
7&8 Rock Left over Right, Recover on Right, Step Left on Left Side

SECT 2 : CROSS ROCK – STEP SIDE – ½ TURN – SHUFFLE FORWARD – FULL TURN

- 1&2 Rock Right over Left, Recover on Left, Step Right to Right Side
3-4 Step Left Forward, Pivot ½ Turn Right (Weight on Right)
5&6 Step Left Forward, Step Right beside Left, Step Left Forward
7-8 ½ Turn Left & Step Right Back, ½ Turn Left & Step Left Forward

SECT 3 : JUMP DIAGONAL AND TOUCH – JUMP BACK & TOUCH – ROCK BACK & STOMP – SWIVEL – CROSS ROCK – STEP SIDE

- &1&2 (Jumping) Step Right Forward Diagonal Right, Touch Left Toe beside Right, (Jumping) Step Left Back, Touch Right Toe beside Left
3&4 (Jumping) Rock Right Back & Kick Left Forward, Recover on Left, Stomp Right beside Left
5&6 Swivel to Right Right Toe, Right Heel, Right Toe
7&8 Rock Left over Right, Recover on Right, Step Left on Left Side

SECT 4 : CROSS ROCK – STEP SIDE – ½ TURN – SHUFFLE FORWARD – FULL TURN

- 1&2 Rock Right over Left, Recover on Left, Step Right to Right Side
3-4 Step Left Forward, Pivot ½ Turn Right (Weight on Right)
5&6 Step Left Forward, Step Right beside Left, Step Left Forward
7-8 ½ Turn Left & Step Right Back, ½ Turn Left & Step Left Forward

PART C (16 Count)

SECT 1 : CHASSE RIGHT – ROCK BACK – RECOVER – CHASSE LEFT – ½ TURN STEP SIDE – STOMP

- 1&2 Step Right to Right Side, Step Left beside Right, Step Right to Right Side
3-4 Rock Back on Left, Recover on Right
5&6 Step Left to Left Side, Step Right beside Left, Step Left to Left Side
7-8 ½ Turn Right & Step Right to Right Side, Stomp Left Beside Left

SECT 2 : CHASSE RIGHT – ROCK BACK – RECOVER – CHASSE LEFT – ROCK STEP

- 1&2 Step Right to Right Side, Step Left beside Right, Step Right to Right Side
3-4 Rock Back on Left, Recover on Right
5&6 Step Left to Left Side, Step Right beside Left, Step Left to Left Side
7-8 Rock Back on Right, Recover on Left

PART C (Final)

Part C / Section 2, Replace the Count 7-8 by :

- 7&8 ½ Turn Right Step Right Forward, Step Left beside Right, Step Right Forward

option : Full Turn

- 9 Step Left Forward

WORKSHOP – Châlette Sur Loing (45120) – Club : THE HAPPY HEELS - 14 Septembre 2019 Challenge

Boy – CRAZY DANCERS OF COUNTRY MUSIC

Site : <http://challengeboycountry.free.fr>
